

From Shane Henderson and Heritage Catering
An EggsQuisite Evening Benefiting Youth Home
April 7, 2022



Seafood boudin/stuffing

This is a little more complicated of a recipe. There are several steps, and special equipment needed if you want to stuff the boudin into casings. I generally use pork hangs for my casings when making this, but you certainly can use something else. It is also a great stuffing for a chicken or pork dish, or even just as a side. This makes a large amount, way more than you might want to make, but when you are doing any sausage making it is better to do a larger amount while you have the sausage stuffer out. All recipes are just suggestions, and this certainly is one, if you have fresh fish on hand, then use whatever that is. Also there is no liver in this dish, but certainly if you would like to add some to make this more of a true boudin, just cook of about ½ pound of chicken livers and add them to the mix as well.

3 T oil
½ cup diced yellow onion
¼ cup diced celery
1/2 cup diced green and red bell pepper
1 1/2 tablespoon minced garlic
1 pound crayfish tails
½ pound shrimp, peeled and deveined, tails remove. I typically boil them with Old Bay or similar.
½ pound catfish-I tend to blacken it first then shred it in the mix
2 T Grandma's
1 t crushed red pepper flake
¼ cup Cayenne Pepper Sauce, adjust to taste.
2 teaspoons granulated sugar
4 cups cooked rice - Ralston Golden Rice is my preferred rice
½ cup green onions, just tossed in right at the end, do not cook them
2 T minced parsley, tossed in at the end

In a sauté skillet large enough to hold the vegetables heat the oil to medium high heat and add in the onion, celery, bell peppers and garlic, cooking quickly taking care not to burn them. You are just looking to get a little sweat on them, not to cook them all the way.

Cook, and dice all the fish. Keep to the side. Cook the rice according to directions, 2 parts liquid 1 part rice. You may want to season the cooking water, I like to use some seafood stock, made from the shells of the crayfish or shrimp if you are using.

When I make boudin, I stuff it into casings, but if not it makes a great stuffing. You can play around with the seafood, and pretty well add or subtract as you see fit. Use what you have on hand, we have added oysters, crab, local trout, any white fish.