



## Recipes from The Easy Cajun

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See more of my recipes at [CajunEasy.com](http://CajunEasy.com)



### Cajun Easy® – Cajun Style Crab Fried Rice

(Cajun does a little Asian :-)

Many folks have requested this recipe, so I finally sat down and typed it out. What makes this “Cajun” you ask? Well . . . mainly it’s the Cajun Holy Trinity that starts it all off and, if the shoe fits, the Cajun person stirring the pot or wok :-)

Ingredients -

- 4 cups of cooked rice
- 2 tablespoons butter
- 1 batch of The Cajun Holy Trinity ( <http://youtu.be/Z9j1HgAxdZo> )  
(1 bell pepper, 2 medium onions, 3 stalks of celery)
- 4 large eggs or 6 small to medium
- 1 tablespoon chopped garlic
- 3 – 4 lbs. of crabs, picked clean  
(your choice: blue, snow, Dungeness, etc.)
- 2 green onion stalks, chopped
- 2 tablespoons chopped parsley
- soy sauce



Make the 4 cups of rice ahead of time for this dish to feed four hungry Cajuns or a bunch of other people. In your favorite big pot (or wok if you have one), start sautéing your Cajun Holy Trinity vegetables on medium high in the 2 tablespoons of butter until you are happy with them. Turn down the heat to medium and add your 4 eggs stirring them around with your trinity vegetables while you also add the chopped garlic. Stir all of this until you are satisfied with the scrambled eggs’ firmness. You should quickly add the rice, crab meat, chopped green onions, and chopped parsley. Mix this all up gently, but thoroughly, while sprinkling in your soy sauce until the ingredients are all evenly heated and distributed to your satisfaction. Turn the heat down to low on your pot/wok and cover to let sit for at least 15 minutes before serving.

A couple of things: I didn’t say how much soy sauce to sprinkle on while the final mixing is taking place because only you know how much soy sauce you like. Eaters can always add more at the table to their personal serving. Also, if you have a red, orange, or yellow bell pepper to use in the trinity . . . this will add a little color to the finished dish, of course. And you’ll see from my photo that I used a well rinsed shell from a Dungeness crab to use in the presentation.

Remember, you’re in charge! Adjust or substitute ingredients to your liking and availability. Home cooks always know what is best for their friends and families. Share your discoveries and observations with us!

Do whatever you find fun and always keep it . . . Cajun Easy® ;-)



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