

## Honey Garlic Crawfish Fries: A Sweet & Savory Dinner You'll Love

Crispy Crawfish Fries with Honey Garlic: My Favorite Quick Dinner



**OVEN**  
**400°F**

**TIME**  
**2-3 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

1 lb crawfish tails (frozen is fine!)

1/2 cup all-purpose flour

1 tsp garlic powder

1/2 tsp onion powder

1/4 tsp salt

1/4 tsp black pepper

1/4 cup honey

2 tbsp soy sauce (low sodium preferred)

2 tbsp olive oil

French fries or potato wedges, for serving

Optional: Sesame seeds for garnish

Swaps & Notes:

**Crawfish:** While crawfish is the star, you can easily use shrimp for a similar dish. Just adjust cooking times.

**Flour:** The flour and spices create a nice, seasoned coating. For a gluten-free option, you can use a gluten-free flour blend.

**Sauce:** You can add a little bit of lime juice or a touch of sriracha to the honey garlic sauce for an extra kick.

**Potatoes:** While the original recipe doesn't include fries, I love serving this over a bed of crispy fries or potato wedges to make it a complete meal. You can use frozen fries cooked according to package directions to save time.

### DIRECTIONS

- 1.** Prep the : Crawfish: If using frozen crawfish, thaw them completely in a bowl of cold water. Pat them very dry with paper towels. This step is crucial for getting a crispy coating.
- 2.** Make the : Flour Mixture: In a shallow dish, whisk together the flour, garlic powder, onion powder, salt, and black pepper.
- 3.** Coat the : Crawfish: Dredge each crawfish tail in the flour mixture, making sure it's evenly coated. Shake off any excess flour.
- 4.** Cook the : Crawfish (Frying Method): Heat the olive oil in a large skillet over medium-high heat.
- 5.** Carefully add the crawfish tails to the hot oil in a single layer. Do not overcrowd the pan.
- 6.** Fry for about 2-3 minutes per side, until they are golden brown and cooked through. Work in batches if necessary, and use a slotted spoon to remove them.
- 7.** Cook the : Crawfish (Baking Method): Preheat your oven to 400°F (200°C).
- 8.** Arrange the coated crawfish on a baking sheet lined with parchment paper.
- 9.** Bake for 15-20 minutes, flipping them halfway through, until they are golden brown and cooked through.
- 10.** Make the : Honey Garlic Sauce: In a small bowl, whisk together the honey and soy sauce until well combined.
- 11.** Combine & : Serve: Once the crawfish are cooked, transfer them to a clean bowl and gently toss them in the honey garlic sauce until they are well coated.
- 12.** Serve immediately, piled over a bed of crispy : French fries or potato wedges. Garnish with a sprinkle of sesame seeds if desired.

## SWAPS & NOTES

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### TIPS FOR SUCCESS

Pat Dry, Pat Dry, Pat Dry: This is the most important step!

If the crawfish are wet, the flour won't stick, and they won't get crispy.

Don't Overcrowd: Whether you're frying or baking, give the crawfish some space.

Overcrowding will cause them to steam instead of crisping up.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/honey-garlic-crawfish-fries-a-sweet-savory-dinner-youll-love/>