

Louisiana Seafood Gumbo



Recipe courtesy Celie Robin

Recipe Summary

Difficulty: Medium

Prep Time: 30 minutes

Cook Time: 1 hour

Yield: 4 to 6 servings

User Rating: ★★★★★

Olive oil, for sauteing

1 1/2 medium-sized onions, coarsely chopped

1 cup celery, cut crosswise into 1/3 (use the middle 1/3 only) and coarsely chopped

8 cloves garlic, finely chopped

1/2 green bell pepper, coarsely chopped

6 cups baked okra, sliced 1/4-inch thick and baked for about 10 minutes in baking pan

Roux, recipe follows

6 tomatoes, roughly chopped

Stock, recipe follows

1 pound shrimp heads reserved for stock

2 or 3 crabs, cleaned, and chopped into chunks

Lemon slices

Chopped green onions

Serving suggestion: with rice or as a soup

Coat a large heavy-bottomed saucepan with oil and cook the onions until translucent. Add the celery, garlic, bell peppers, and okra. Add the roux and mix thoroughly to pick up all the excess oil in the pot.

Next add the tomatoes and bring the mixture to a boil. When mixed, strain the stock and add it to the pot, mixing thoroughly to prevent lumps. Cover with lid, bring to the boil and cook for 20 minutes. Clean the shrimp and saute in a separate pan to get rid of any excess moisture. When they have turned pink add the shrimp and crab to the gumbo. Cook for 10 minutes. Lastly, add lemon slices and chopped green onions

Roux:

1/2 cup flour

Olive oil

Combine the ingredients in a separate pan. Brown on a medium high heat until it turns light brown.

Stock:

9 cups water

Shrimp heads

1 stalk celery

1/2 lemon

1 bay leaf

3 basil leaves

Creole seasoning (recommended: Dash)

Salt and freshly ground black pepper

Combine ingredients in a large heavy bottomed saucepan. Bring to the boil and simmer for 1 hour.

Yield: 6 servings

Episode#: TU1A07

Copyright © 2003 Television Food Network, G.P., All Rights Reserved