

serves 6 | prep 20 minutes | cook 30 minutes

## LOUISIANA GUMBO



2 tbsp sunflower-seed or corn oil  
6 oz/175 g okra, trimmed and cut into  
1-inch/2.5-cm pieces  
2 onions, very finely chopped  
4 celery stalks, very finely chopped  
1 garlic clove, finely chopped  
2 tbsp all-purpose flour  
½ tsp sugar  
1 tsp ground cumin  
3 cups fish stock  
1 red bell pepper, seeded and  
chopped  
1 green bell pepper, seeded  
and chopped  
2 large tomatoes  
12 oz/350 g large raw shrimp  
4 tbsp chopped fresh parsley  
1 tbsp chopped fresh cilantro  
dash of Tabasco sauce, or to taste  
12 oz/350 g cod fillets, skinned and  
cut into 1-inch/2.5-cm cubes  
12 oz/350 g angler fish fillets, cut  
into 1-inch/2.5-cm cubes  
salt and pepper

Heat half the oil in a large, ovenproof casserole over low heat, add the okra, and cook, stirring frequently, for 5 minutes, or until browned. Remove with a slotted spoon and set aside. Heat the remaining oil in the casserole, add the onion and celery and cook, stirring frequently, for 5 minutes, or until softened. Add the garlic and cook, stirring, for 1 minute. Stir in the flour, sugar, cumin, and salt and pepper to taste. Cook, stirring, for 2 minutes, then gradually stir in the stock and bring to a boil, stirring constantly.

Return the reserved okra to the casserole and add the bell peppers and tomatoes. Partially cover, reduce the heat to very low, and let simmer gently, stirring occasionally, for 10 minutes. Shell and devein the shrimp and set aside.

Add the parsley, cilantro, and Tabasco sauce to the casserole, then gently stir in the fish and shrimp. Cover and let simmer gently for 5 minutes, or until the fish is cooked through and the shrimp turn pink. Transfer to a large, warmed serving dish and serve.