

Seafood Gumbo

8 to 10 servings

Ingredients

1 batch of light roux, recipe follows

3 quarts of seafood stock

1 pound - 35 count shrimp, peeled and deveined

1 pound lump crabmeat

2 dozen shucked oysters , liquid reserved

1 pound crab claw meat

2 cups chopped onions

1 cup chopped celery

1 cup chopped green peppers

1 cup chopped green onions

1 /2 cup chopped parsley

Salt, pepper, and cayenne pepper to taste

2 cups steamed rice

File powder to taste

ROUX

1 cup flour

1 cup vegetable oil

Method

In a large cast iron pot, heat the light roux. Season onions, celery, and green peppers with 1 teaspoon cayenne pepper, and 2 teaspoons salt. Add to the roux and cook for 5 minutes, or until the vegetables are wilted. Add the crab claw meat and the seafood stock and bring to a boil. Reduce heat and simmer for 30 minutes. Add shrimp, oysters, green onions, and parsley. Cook for 5 minutes. Add lump crabmeat and season the gumbo to taste. Add the file powder to your liking and thickness. Serve over steamed rice.

ROUX

In a black iron skillet, heat the oil over medium high heat until it registers approximately 300 degrees on a deep fat fryer thermometer, approximately 300 degrees. Using a wire whisk, slowly add the flour, stirring constantly until the roux is nutty colored. At this point, the roux is ideal for thickening a light seafood gumbo. Continue to cook this roux over medium heat and you will begin to see it change in color, getting darker and more aromatic. Make sure you constantly stir it so it doesn't burn.