

INGREDIENTS

1 pound (35-count) shrimp, peeled, deveined and divided
1 pound jumbo lump crab meat
2 dozen shucked oysters, liquid reserved
1 pound claw crab meat
1 cup sliced frozen okra
1 cup vegetable oil
1 cup flour
2 cups diced onions
1 cup diced celery
1 cup diced bell peppers
¼ cup minced garlic
3 quarts hot shellfish stock
2 cups sliced green onions
½ cup chopped parsley
salt and cayenne pepper to taste
granulated garlic to taste
Louisiana hot sauce to taste



SEAFOOD AND OKRA Gumbo

12 servings

INSTRUCTIONS

In a heavy bottom pot, heat oil over medium-high heat. Whisk in flour, stirring constantly until a brown roux is achieved. Add onions, celery, bell peppers and minced garlic and sauté 3–5 minutes or until vegetables are wilted. Stir in ½ cup of shrimp, claw crab meat and okra. Slowly add hot shellfish stock, one ladle at a time, stirring constantly. Bring mixture to a low boil, reduce to simmer and cook for 30–45 minutes. Additional stock may be needed to retain volume. Add green onions and parsley. Season to taste using salt, cayenne pepper, granulated garlic and hot sauce. Fold in remaining shrimp, lump crab meat, oysters and reserved oyster liquid. Return to a low boil and cook for approximately 5 minutes. Adjust seasonings if necessary. Serve over cooked rice.