

Gumbo

Ingredients:

1 c. oil
1 c. flour
1 lg. bell pepper, chopped
1 c. celery, chopped
1 c. onion, chopped
Okra (optional, if desired)
2 cloves fresh garlic
1/8 tsp. thyme
1/8 tsp. oregano
1 bay leaf
1 tbsp. parsley (optional)
1 tsp. salt (or to taste)
¼ tsp. black pepper
1 tsp. sugar
1 tbsp. Worcestershire sauce
1 can chicken broth or stock from chicken or 2 chicken bouillon in 12 oz. water
1 (8 oz.) can tomato sauce
1 ½ quarts water

Chicken and Sausage Gumbo

1 lb chicken cut up
1 lb Italian or Andouille sausage
4 tbsp. oil

Seafood Gumbo

1 lb shrimp
½ lb crab

Preparation:

Make Roux - Pour oil into pan; heat over medium heat till hot; add flour.
Stir constantly till brown – the color of peanut butter (nutty aroma, not scorched).
Add water slowly.
Add other ingredients (except meats or seafood).

Chicken and Sausage Gumbo

Fry chicken in oil, drain.
Fry sausages, drain.
Add to gumbo.
Simmer 1 hour.

Seafood Gumbo

Simmer gumbo for 40 minutes.
Add crab to gumbo and simmer for 15 minutes.
Add shrimp to gumbo and simmer for 5 minutes.

Okra may be added 10 minutes before gumbo is done.
When gumbo is finished, add about 1 tablespoon file which is actually ground sassafras.
Tabasco sauce is added individually at the table.
Serve in a bowl with steamed rice.