

SEAFOOD GUMBO

INGREDIENTS

1 Quart Douget's Roux	1 bunch parsley
7 Ounces Knorr Shrimp Bouillon	salt, red and fresh ground black pepper
3 large onions	2 pounds fresh lump crabmeat (peeled)
6 – 9 garlic pods	5 pounds fresh peeled shrimp (18–24 count)
3 bell peppers	oysters (optional)
1 bunch celery	
2 bunches chopped green onions	

SEAFOOD STOCK PREPARATION

Ingredients needed:

- 1 pound (about 8 cups) shrimp shells and heads
- 1 cup coarsely chopped yellow onions
- 1/2 cup coarsely chopped celery
- 1/2 cup coarsely chopped carrots
- 3 smashed garlic cloves
- 3 bay leaves
- 1 teaspoon black peppercorns
- 1 teaspoon dried thyme
- 2 teaspoons salt

Place the shrimp shells and heads in a large colander and rinse under cold running water.

Place all the ingredients in a heavy 6-quart stockpot, add 4 quarts water, and bring to a boil over high heat, skimming to remove any foam that rises to the surface. Reduce the heat to medium-low and simmer, uncovered, for 45 minutes, skimming occasionally.

Remove the stock from the heat and strain through a fine-mesh sieve into a clean container; let cool completely. Refrigerate the stock for up to 3 days or freeze in airtight containers for up to 2 months.

Makes 3 quarts

Put 10 to 12 quarts of water in large stock pot (16 – 20 quart). Peel shrimp. Put shrimp heads and peelings in stock pot. Clean whole crabs, break in half and put into stock pot. Peel onions, put in stock pot. Core bell peppers and put core and seeds in stock pot. Clean celery and put leaves and trimming in stock pot. Clean parsley, put stems in stock pot. Cut lemons in half, squeeze juice in stock pot. Put remainder of lemon in stock pot. Add bay leaves, salt and pepper to stock pot. Bring to a boil. Once boiling, reduce temperature and allow to simmer for 1 to 2 hours while making roux.

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After stock is cooked, strain through a colander to remove debris. Discard debris. Then strain the seafood stock through a cheese cloth 3 to 5 times until the stock is clear. Put the strained stock back into clean stock pot and bring back to a simmer.

ROUX PREPARATION (In lieu of Douget's Roux)


While stock is cooking prepare roux. Add oil to heavy cast iron pot. After oil is hot begin adding flour slowly while stirring until all the flour has been added without clumping.

Reduce temperature and cook roux slowly until brown. When roux is color and consistency you desire begin adding chopped garlic, onions, bell pepper and celery and cook until limp and onions are clear.

Being adding the roux to seafood stock. Stir vigorously to dissolve roux in stock.

GUMBO

Add peeled shrimp, crab meat, and oysters to gumbo stock and allow to cook 5 to 10 minutes (or until done) **Note do not cook seafood too long.** Add chopped onions and parsley. Serve over jasmine rice along with garlic French bread.



Submitted By: Ron Jackson