

Name: Creating a Roux for Gumbo

Yield:	Author: Bryant Walker		
Ingredients	Actual		Forecasted Yield: _____
	Weight	Measure	Notes
Shortening or cooking oil		1 Cup	Melt shortening first
Flour		1 Cup	
Frying pan or cast-iron skillet			
Preparation			
Preheat the skillet before adding the shortening to melt or adding the cooking oil.			
Cooking Directions			
<p>Using a low to medium heat, add the shortening (melt shortening first) or cooking oil to the skillet. Then slowly add flour and start stirring. The key to a perfect roux is the stirring to avoid sticking and to maintain a consistent color. You want a smooth and creamy texture and can add additional flour if you think it is too thin.</p> <p>You cannot walk away from the roux while cooking it. If it burns on the bottom and you have two colors, throw it out, wash the pan, and start over. A burned roux will ruin the taste of the gumbo. Stir constantly until you have the right color for your gumbo. Some people like a light brown color and some people like a dark brown color. Creating the right roux for you is an art developed through trial and error. I prefer a color somewhere between medium dark and dark. When the roux is created, reduce the heat and start adding prepared ingredients for your gumbo (see gumbo recipes) to the roux to start sautéing or pre-cooking and to reduce the heat in the roux.</p> <p>Here are general guidelines for thickening 1 gallon of liquid with a roux.</p> <p>For a thin sauce 1.5 cups roux (3/4 cups fat + 3/4 cups flour) For a medium sauce 2 cups roux (1 cup fat + 1 cup flour) For a thick sauce 3 cups roux (1.5 cups fat + 1.5 cups flour) If you think you have too much roux, you can freeze the extra for another day.</p>			