

## Name: Seafood Gumbo

<b>Yield: Serves 8-10</b>	<b>Author: Bryant Walker</b>		
Ingredients	Actual		Notes
	Weight	Measure	
Crab meat	1 lb		Rinse in strainer
Shrimp	1 lb +		
Scallops	1 lb		Rinse in strainer
Oysters	1/2 lb		
Squid	1/2 lb		
Bay leaves - 2			
Celery	1 cup		chopped
Green bell pepper, medium			chopped
Green onions – 2 bunches			chopped
Onion, Vidalia medium			chopped
Garlic cloves - 8			Sliced or chopped
Parsley	1/4 cup		
Thyme, fresh	1 tbsp		
Chicken bouillon	1 cube		
Gumbo file	2 tbsp		
Tony Chachere Seasoning	1 tbsp		
Salt and black pepper to taste			
Rice			10 servings (long grain)
<b>Preparation</b>			
<ol style="list-style-type: none"> <li>1. Chop the celery, green bell pepper (remove seeds), green onions and Vidalia onion before starting the roux.</li> <li>2. Cut scallops in quarters. Cut oysters in half. Cut squid to your size.</li> <li>3. Season seafood lightly beforehand with Tony Chachere seasoning before adding to boiling water.</li> </ol>			
<b>Cooking Directions</b>			
<ol style="list-style-type: none"> <li>1. Fill gumbo pot (about 8 - 12 qt) 1/3 to 1/2 full of water. Add the bouillon cube to the water and bring to boil. Reduce heat for the addition of the roux.</li> <li>2. Make a roux (see recipe for roux) while water is boiling. The roux is the key to good gumbo.</li> <li>3. When the roux is almost done, add garlic cloves, chopped onion, bell pepper and celery to roux and continue to stir without burning the roux.</li> <li>4. Reduce the heat on the water and add the roux slowly to the water. Use a whisk to stir the roux into the water. Simmer for about an hour. Stir frequently.</li> <li>5. Add file, green onions, thyme, bay leaves and parsley to gumbo and simmer for a half hour. If the gumbo appears to thicken, add water.</li> <li>6. Add all seafood to the gumbo and simmer for another half hour.</li> <li>7. Make a pot of rice before finishing the gumbo.</li> <li>8. Let the gumbo sit for a while before serving. Serve over fresh cooked rice. More file may be added at the table to desired taste.</li> </ol>			