

New Orleans Creole Gumbo

(12-13 servings)



Roux

Ingredients:

- ½ cup all-purpose Flour
- ½ cup Bacon Drippings or Lard

Directions:

Whisk together flour and bacon drippings in a large, heavy saucepan over medium-low heat until smooth.

Cook roux, whisking constantly, until it turns a rich mahogany brown color.

This can take 20 to 30 minutes; watch heat carefully and whisk constantly or roux will burn.

Gumbo

Ingredients:

- 3 stalks Celery, coarsely chopped
- 1 med Onion, coarsely chopped
- 1 green Bell Pepper, coarsely chopped
- 2 cloves Garlic, minced
- 1 lb Andouille sausage, sliced
- 2 quarts Beef Broth
- Salt to taste
- 1 tbsp Hot Pepper sauce (such as Tabasco), or to taste
- ½ tsp Creole seasoning blend (such as Tony Chachere's), or to taste
- 2 Bay leaves
- ½ tsp dried Thyme leaves
- 1 (14.5 oz) can stewed tomatoes
- 1 (6 oz) can Tomato sauce
- 1 (10 oz) package frozen cut Okra, thawed
- 1 lb lump Crabmeat (optional)
- 2 lbs med Shrimp, peeled & deveined
- 1 tbsp Worcestershire sauce

Directions:

Stir chopped vegetables plus the sausage slices into the roux.

Add the broth and bring mixture to a simmer over medium-low heat, and cook until vegetables are tender, 15 to 20 minutes.

Mix in salt, hot pepper sauce, Cajun seasoning, bay leaves, thyme, stewed tomatoes, and tomato sauce, add okra and vinegar and cook for another 15 minutes.

Mix in the shrimp, and Worcestershire sauce and simmer several minutes until the shrimp are just cooked through.

Add the crabmeat (if using), cook 2 more minutes.

Place filé powder on the table for individual usage.

Chefs Note: This Creole Gumbo will become a Cajun Gumbo by omitting the stewed tomatoes and the tomato sauce and by replacing the Creole spices with Cajun spices.