

Gumbo

Warm your tummy with a New Orleans favorite.

File under: Soups and stews

Recipe by: David Horton

Yield: 6 servings

Preptime: 1 1/2 hours

Ingredients

1/4 C. peanut oil
1/3 C. flour
1 small onion, diced
2 ribs of celery, chopped
1 small green pepper, seeded and diced
3 plum (roma) tomatoes, diced
1/4 lb. okra, sliced
1/2 lb. chicken, cut into bite-sized pieces
1/2 lb. pork cutlet, cut into bite-sized pieces
1/2 lb. wee shrimp, cleaned and de-veined
4 C. chicken stock
1/4 tsp. cayenne pepper
1/4 tsp. white pepper
1/4 tsp. black pepper
pinch of parley
pinch of sage leaves
pinch of thyme leaves
pinch of mustard powder
1 whole bay leaf
salt to taste
3/4 C. parboiled (converted) rice
1 1/2 C. water

Preparation Instructions

Create a roux by mixing oil and flour in a 3-quart saucepan over medium heat. Stir often with a wire whisk until the roux becomes the color of peanut butter. Add onion, celery and green pepper. Be very careful as the roux is very hot and tends to splatter when the veggies hit it. Trade the wisk for a large spoon and stir often. When the onion begins to turn translucent add tomatoes and okra. As tomatoes and okra soften add the chicken and pork. The mixture will be very thick at this point, so add a little chicken stock as needed to make stirring less of a chore. When the chicken and pork are slightly browned add the remaining chicken stock and bring to a boil. Stir in all of the spices, cover the pot and reduce heat to a simmer. If the shrimp is frozen add it now otherwise wait until ten minutes before serving. Salt acording to taste. Add the rice to boiling water in a 1-quart saucepan, reduce heat to low and cook for 25

minutes or according to package directions.

Serving Instructions

Place a ladle full of gumbo in a bowl and top with a couple spoonfuls of rice. Garnish with parsley if you're into the whole presentation thing.

Notes

When saving leftovers store the gumbo and rice separately at least until both are completely cooled, otherwise the rice will get mushy.