Gumbo

Description

Gumbo is simply a soup made with almost any meat. It starts with a "roux" (browned flour and cooking oil) and is thickened with"file" (okra). This recipe is the results of a lot of trial and error starting with several other sources and ending with this family favorite. When my old nursing school roommate, Madelyn Boudreaux told me she used Savoie's Roux instead of making her own, I did too!

Mimi

Summary

Yield: 16
Prep Time: 5 hours
Category: Gumbo
Cuisine: Cajun

Ingredients

- 1 jar Savoie's Roux
- 3 qts chicken stock
- 2 tsps Tony Chachere's Creole Seasoning Mix
- 2 bay leaves
- 3 tsps garlic - minced
- 1 large onion (diced)
- 2 Green peppers diced
- 2 cups celery chopped
- 1 can diced tomatoes with liquid
- 2 pkgs Frozen Vegetable Gumbo Mix (with okra)
- 2 lbs Smoked or Andouille Sausage
- 4 lbs Uncooked shrimp, peeled and deveined
- 2 pkgs Frozen cooked crawfish tails

Gumbo

- 4 tbsp fresh parsley, chopped
- 2 bunch Green onions (chopped)

Instructions

- Add Savoie's Roux to 1 qt of chicken stock and heat slowly in a microwave until roux mixes easily with the stock - stir every 30 seconds to prevent burning the roux. Add mixture to remaining stock in a large pot (I use an 11 quart capacity pot) If your pot is not large enough, it will boil over - guess how I know!
- Add Tony Chachere's, Bay leaves, and minced garlic. Bring to a boil and reduce heat to simmer for 30 min.
- Chop onion, green pepper, and celery and add to pot. I use the **Vidalia Onion Chopper** to speed things up. (Hold chopped Parsley and green onion till later)
- Add frozen Gumbo Mix, tomatoes, and sausage to pot. (If you are using raw chicken, add now). Bring to a boil and reduce heat to simmer for 45 min.
- Add raw shrimp (or any raw fish), parsley, and green onions. Bring to a boil and reduce heat to simmer for 5 min.
- Add cooked crawfish tails and bring to a boil. Reduce heat and simmer for 5 min.
- I serve 1 1/2 cups of gumbo over 1/2 cup of cooked rice. The rice can also be added over the individual gumbo bowls using an ice cream scoop and topped with the chopped green onions for an elegant presentation!

Gumbo

Notes

Serve with green salad, French bread, and lots of Love from Mimi!!

Note - so how hot is this gumbo? That depends on your guests. This recipe is for adults from Louisiana. If you have small children or guests from elsewhere, you might use only regular smoked sausage instead of the original Andouille sausage and cut the Tony Chachere's a bit. You can always "pass the Tabasco" for benefit of the Cajuns! Caution - you notice there is NO SALT added. With the recipe as is, you don't need it. If you reduce the Tony Chachere's, you might.

Freezing - the gumbo can be stored in the refrigerator for 3 days and simply reheated for serving. Frozen gumbo is good for a year when kept in airtight plastic containers. Defrost in the refrigerator and reheat slowly for best results.