

Cajun Shrimp Gumbo File'

By Nan White Pitman

MOMMA'S SEAFOOD GUMBO

Shopping List and Loan application.

1. Shrimp 3 lbs large (4 lbs Small.)

2. Crab Meat . Fresh if you are so lucky or 2 cans Crab Halves if you have any.

3. Scallops (in your dreams)

4. Oysters (1 Pt.).

5. Sausage The only kind is Louisiana Andouille (Grannie put this in- I don't)

6. Cajun Trinity Green and white onions, Celery & bell pepper.

7. Okra Fresh if possible or 1 can

8. Tomatoes Fresh or canned

9. Seasonings: Minced garlic, Salt, Black Pepper, Worcestershire Sauce, Zatarains Shrimp& crab Boil (liquid) Bay leaves (3-4)



Prep For Gumbo

Peel Shrimp, Shuck Oysters & Scallops
Chop: Onions (1 Bunch green & 3 large White,) Celery (3-4 stalks) Bell Pepper (2 or 3 or pkg frozen)

OKRA If fresh put in shallow tin pan placed in oven to dry for appox 45 minutes on low heat



Now for the ROUX:

Heat GUMBO pot, add ½ cup oil to almost smoking and slowly add ½ cup all purpose flower stirring constantly with a pancake turner. Sip your favorite wine during stir. **IF YOU BURN THE ROUX,,, BURY IT IN THE BACK YARD AND START OVER.**

Nothing can help it now.

WHEN IT IS A LIGHT CHOCOLATE BROWN IT IS DONE. **TIP:** You can darken the ROUX with "kitchen Bouquet". (Do this in secret- don't tell anybody.) Better to cheat than to burn the ROUX.

Remaining Ingredients

ADD "TRINITY" (onions celery bell pepper) Stir into ROUX till coated & sauté. (They will cook some more in the gumbo) **TIP:** You may need 1 cup of warm water if this gets too thick)

ADD TOMATOES Fresh is best but canned will do. (1 can drained of most liquid.

ADD 1 QT WARM WATER. (Gumbo will look thin but will thicken)

ADD SPICES: Bay leaves (3 or 4) Worcestershire (2-3 TBL) Easy on the Salt, Black pepper (1 tbl) finally add the minced garlic to taste.

Add Crab Meat **TIP:** if using the can type watch for little paper in the can. Paper doesn't add to gumbo, I know, I've done it.

ADD OKRA

Cook the Shrimp and other Seafood as shown below.

Simmer Gumbo:

While enjoying a little more wine, let the pot simmer and give it a taste: More salt? More Zatarains? If it is too thick add some shrimp stock but be careful as this is hotter and spicier than water.



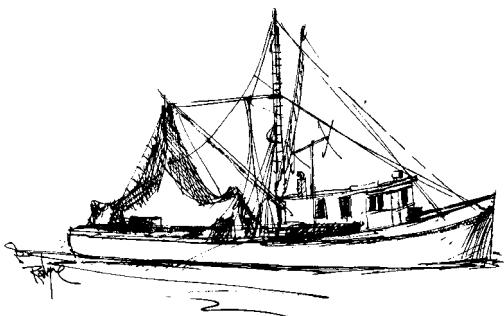
COOKING SHRIMP & SEAFOOD

Boil water in large pot, add 1/4 cup salt & 1 tbsp liquid crab boil. COOK FOR ONLY 4 MINUTES after pot comes to another boil the turn off the heat and let sit for 5 minutes. Shrimp will soak up the seasoning- DRAIN so as to not overcook or the critters will get tough. Set the seafood aside. These go in just before serving. Save some stock from the shrimp boil to use in gumbo if it needs more liquid later.

ADD SHRIMP AND SEAFOOD LAST

It's done

Serve over rice with French Bread. Don't forget the FILE'...Sprinkle individually over gumbo.



Some photos by George Rodrigue
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