

# Seafood Gumbo

1 lb fresh andouille sausage (or smoked sausage, sliced)  
1 lb chicken, cooked and chopped  
1 1/2 lb shrimp, peeled and deveined (cut into bite-size pieces if large)  
1 lb fish fillets, optional  
1 lb crab meat, optional  
olive or vegetable oil  
1 cup flour  
1 tsp salt  
1 tsp coarse black pepper  
2 tsp Creole/Cajun seasoning, purchased or homemade (recipe follows)  
1 medium onion, chopped  
1 green pepper, chopped  
3 celery ribs, sliced  
3 garlic cloves, minced  
2 (32 oz) containers seafood or chicken stock (1 of each)  
3 cups sliced okra  
2 bay leaves  
1/2 tsp dried thyme  
1 Tbsp Worcestershire sauce  
Hot cooked rice

Cook sausage in a Dutch oven over medium heat until browned. If using andouille sausage, add 1/2 cup water; cover and cook 20 minutes, turning after 10 minutes. Remove sausage; slice andouille when cooled and cut each slice in half. Set aside.

## **Seafood Gumbo**

Measure drippings, adding enough oil to measure 1/2 cup. Return oil to pan. Whisk in flour until blended; whisk in salt, pepper and 1 tsp Cajun seasoning. Cook over medium-high heat until roux is reddish brown in color, whisking or stirring constantly.

Reduce heat to medium. Stir in onion, green pepper, celery, garlic. Cook, stirring constantly until tender, about 7 minutes.

Gradually add seafood and/or chicken stock, stirring constantly. Bring to a boil over medium-high heat. Add okra; return to boil. Add bay leaves, remaining 1 tsp Cajun seasoning, and thyme. Reduce heat; add sausage, chicken, seafood, and Worcestershire sauce.

Simmer, uncovered, about 1 hour, stirring occasionally. Discard bay leaves; ladle into bowls and top with a scoop or rice.

**Cajun Seasoning:** 2 Tbsp onion powder  
2 Tbsp garlic powder  
2 Tbsp dried oregano  
2 Tbsp dried basil  
1 Tbsp dried thyme  
1 Tbsp fresh ground black pepper  
1 Tbsp white pepper  
3 tsp cayenne pepper  
5 Tbsp paprika  
4 - 5 Tbsp seasoned salt

Mix all ingredients. Store in glass jar. Shake jar before using.

Store in refrigerator, if desired. Use within 3 months.