

Seafood Gumbo



PREPARATION TIME
10 minutes



COOKING TIME
45 minutes



PERFECT PARTNER
saltine crackers



Shrimp is priced by size, with large shrimp costing more per pound. To save money, purchase small shrimp—around 30 to 40 per pound—and still get all the wonderful flavors of this Creole classic.

SHOPPING LIST

- celery • tomatoes • okra
- hot pepper sauce • shrimp
- crabmeat • oysters

ON HAND

- butter • flour • onions • garlic
- Worcestershire sauce • rice

INGREDIENTS

- 5 tablespoons butter
- 6 tablespoons flour
- 2 onions, chopped
- 1 1/2 cups chopped celery
- 2 cloves garlic, chopped
- 1 (28-ounce) can chopped tomatoes
- 6 cups water
- 1/2 teaspoon hot pepper sauce
- 1 (16-ounce) package frozen cut okra
- 2 pounds uncooked medium shrimp, peeled and deveined
- 1 pound crabmeat
- 1 pint oysters (optional)
- 2 tablespoons Worcestershire sauce
- 6 cups hot cooked rice

SERVES **6**

COOKIN'
Express

• Save precious time by using shrimp that have already been shelled. They are available frozen and pre-packed, or from the seafood counter.

Make Ahead

You can prepare gumbo through step 3 up to a day ahead. Reheat and proceed as recipe directs in step 4.

VARIATION

For an authentic Louisiana touch, use bacon drippings in place of the butter in step 1.

1 Melt butter in a large pot over medium-high heat; add flour. Stir until mixture browns, about 10 minutes.



2 Add onions, celery and garlic to pot; cook for 5 minutes. Add undrained tomatoes, water and hot-pepper sauce. Simmer for 10 minutes.



3 Add okra to pot; simmer about 20 minutes.



4 Add shrimp, crabmeat and oysters to pot. Cook until shrimp are pink and oysters are firm, about 10 minutes. Add Worcestershire sauce; stir well. Serve gumbo over hot rice in bowls.

