



RECIPES

Seafood Gumbo

In a little oil, saute':

3 cups onions, chopped
2 cups celery, chopped
1 cup bell peppers, chopped

In a separate pot, smooth 3-4 kitchen spoons flour into 1 cup of cooking oil (roux). Brown the roux well.

To the vegetable mixture, add:

2 qt. water
5 bay leaves
2 kitchen spoons ketchup
2 Tbsp. garlic, chopped
1 Tbsp. gumbo file
2 Tbsp. worcestershire
1/4 tsp. cayenne pepper
pinch of black pepper
salt to taste
1/2 tsp. Tabasco

Cook gently together until done (vegetables clear) and flavors well blended.

Add:

1 lb. bag frozen okra
1 lb. peeled raw shrimp
1/2 lb. fresh crabmeat
1 28-oz. can tomatoes

Thicken with roux. Simmer until seafood is done. Serve over rice. Makes 1 gallon. Great leftover. Freezes well. Secret: Cook roux very, very slowly until dark brown, adding more flour to thicken, if needed. Add a crab leg or 2 (with pinchers) for flavor and cosmetics.