

Seafood Gumbo

Oscar · 28/09/2024



Prep Time

10 mins

Difficult

Medium

Servings

1 hr 45 mins

Description

This seafood gumbo takes some time but is well worth the investment. Serve over longgrain white rice.

Ingredients

- ½ teaspoon ground cayenne pepper - ½ teaspoon ground white pepper - ½ teaspoon ground black pepper - 1 ½ teaspoons paprika - ½ teaspoon dried thyme - ½ teaspoon dried oregano - 1 bay leaf
- crushed - 1 teaspoon salt - ¾ cup vegetable oil - 2 cups chopped celery - 2 cups chopped onion - 2 cups chopped green bell pepper - 1 teaspoon minced garlic - 3 tablespoons file powder - 2 teaspoons hot pepper sauce - 1 ½ cups tomato sauce - 7 cups fish stock - 2 cups shucked oysters - 1 cup crabmeat - 1 pound small shrimp - peeled and deveined
- shells reserved for stock

Instructions

1. Combine the red
2. white
3. and black peppers
4. paprika
5. thyme
6. oregano
7. bay leaf
8. and salt; set aside. In a heavy pot
9. 5 quart or larger
10. heat oil over medium heat
11. warming the pot first. Add onions
12. celery
13. and green pepper. Turn heat to high. Stirring frequently
14. add garlic
15. file
16. hot sauce
17. and the pepper-herb mixture. Cook for 5 minutes
18. stirring constantly. Add tomato sauce
19. and stir as it reduces over high heat. Add fish stock and bring to a boil. Reduce heat
20. and simmer for 1 hour
21. stirring occasionally. When ready to serve
22. add shrimp
23. oysters
24. and crabmeat. Cover
25. and wait 5 minutes. Turn off heat
26. and let stand for 10 minutes. Serve.