

Seafood File Gumbo

Oscar · 28/09/2024



Prep Time

10 mins

Difficult

Medium

Servings

9 hrs 25 mins

Description

This is a big recipe and a big timeconsumer but delicious Serve gumbo over 13 cup cooked rice per serving in bowls

Ingredients

- - 1 pound shrimp
- peeled and deveined - 5 quarts water - 4 carrots
- sliced - 4 onions
- quartered - ½ bunch celery
- sliced - 2 bay leaves - 3 cloves garlic
- sliced - 2 sprigs fresh parsley - 5 whole cloves - 1 teaspoon ground black pepper - 1 tablespoon dried basil - 2 teaspoons dried thyme - ½ teaspoon ground cayenne pepper - ½ tablespoon ground white pepper - ½ teaspoon ground black pepper - 1 ½ teaspoons paprika - ½ teaspoon dried thyme - ½ teaspoon dried oregano - 16 ounces crabmeat - 1 bay leaf
- crushed - 1 teaspoon salt - ¾ cup corn oil - 2 cups diced onion - 2 cups diced celery - 2 cups chopped green bell pepper - 1 teaspoon minced garlic - 3 tablespoons file powder - 2 teaspoons hot pepper sauce - 1 ½ cups tomato sauce - 1 pint shucked oysters

Instructions

1. Preheat oven to 375 degrees F (190 degrees C). Shell and devein the shrimp
2. reserve the shells. Place the shrimp in a covered bowl and refrigerate. Place the shells on a cookie sheet
3. and bake until the shells are dried and starting to brown on the edges. Turn off the oven. Make the stock: In a 8 quart pot
4. put 5 quarts of water
5. 4 carrots
6. 4 onions
7. and celery. Add 2 bay leaves
8. sliced garlic
9. parsley
10. cloves
11. 1 teaspoons black pepper
12. 1 tablespoon dried basil and 2 teaspoons dried thyme. Add the shrimp shells. Bring the stock slowly to boil. Reduce heat to a gentle simmer and cook 5 to 7 hours
13. replacing water as needed
14. 2 or 3 times
15. by pouring more water down side of pot. Remove stock from heat and strain. Press all liquid from the shells and vegetables
16. then discard them. Return liquid to heat and reduce stock to 2 to 3 quarts
17. or to your desired quantity (you will need 7 cups of this stock for this recipe). If clarity is desired
18. strain the stock through a cloth. In a small bowl
19. combine the ground red
20. white
21. and black peppers
22. paprika
23. thyme
24. oregano
25. bay leaf and salt and set aside. In a heavy pot
26. 5-quart or larger
27. heat oil over medium heat
28. warming the pot first. Add onions
29. celery and green pepper. Turn heat to high. Stirring frequently
30. add garlic
31. file
32. hot pepper sauce
33. and the pepper-herb mixture. Cook for 5 minutes
34. stirring constantly. Add tomato sauce and stir as it reduces over high heat. Add 7 cups of the stock and bring to a boil. Reduce heat and simmer for 1 hour
35. stirring occasionally. When ready to serve
36. add shrimp
37. oysters