

RouxBased Authentic Seafood Gumbo with Okra

Oscar · 28/09/2024



Prep Time

2 hrs 15 mins

Difficult

Medium

Servings

8

Description

This fromscratch gumbo made with a roux takes a little bit of time but it is well worth the effort No bouillon chopped tomatoes chicken sausage or bacon here Impress your Cajun friends with this wonderful gumbo Serve over white rice with a side of French bread

Ingredients

- - ½ cup all-purpose flour - ½ cup vegetable oil - 1 tablespoon butter - 1 cup chopped celery - 1 cup chopped green onions - 1 green bell pepper
- chopped - 6 cups water - 1 (8 ounce) can tomato sauce - 2 tablespoons Worcestershire sauce - 2 cloves garlic
- minced - 2 1/2 teaspoons salt
- divided
- or to taste - 1 teaspoon hot pepper sauce (such as Tabasco)
- or to taste - ½ teaspoon dried thyme - 1 pound frozen chopped okra - 1 pound catfish
- cut into 2-inch pieces - 1 ½ pounds peeled and deveined shrimp - 1 tablespoon gumbo file powder
- or to taste

Instructions

1. Make the roux: Combine flour and oil in a Dutch oven or large heavy pot over medium-high heat. Cook
2. stirring constantly with a wooden spoon
3. until the roux is dark brown
4. thick and bubbly
5. and smells like peanuts
6. about 10 minutes. Set aside to cool and thicken. Make the gumbo: Melt butter in a skillet over medium heat. Add celery
7. green onions
8. and bell pepper; cook and stir until tender
9. about 10 minutes. Add to the roux. Stir water
10. tomato sauce
11. Worcestershire sauce
12. garlic
13. 2 teaspoons salt
14. hot pepper sauce
15. and thyme into the vegetable mixture. Return to the stovetop and bring to a gentle boil
16. then reduce the heat to medium-low and simmer for 1 hour. Stir in okra and cook until tender
17. about 15 minutes. Add catfish
18. stir gently
19. and cook until the flesh flakes easily with a fork
20. about 5 minutes. Gently stir in shrimp and cook until bright pink
21. about 3 minutes. Season with the file powder and remaining 1/2 teaspoon salt. Stir to combine
22. then ladle into bowls.