

Big Charlie39s Gumbo

Oscar · 28/09/2024



Prep Time

4 hrs

Difficult

Medium

Servings

10

Description

This is a basic gumbo recipe with a lot of added flavor You can omit the stew meat if you choose or add something in its place I recommend you serve this recipe over rice like many other gumbo recipes

Ingredients

- - 2 tablespoons butter - 3 cloves garlic
- minced - 2 cups chopped onion - $\frac{3}{4}$ cup chopped celery - 1 pound okra
- chopped - $\frac{1}{4}$ cup butter - $\frac{1}{4}$ cup all-purpose flour - $\frac{1}{2}$ pound cubed beef stew meat (Optional) - 8 cups water - 1 (16 ounce) can whole tomatoes
- undrained and chopped - $1\frac{1}{2}$ teaspoons white sugar - $1\frac{1}{2}$ tablespoons chopped fresh parsley - 1 sprig fresh thyme - 2 bay leaves - 1 pinch salt - $\frac{1}{2}$ teaspoon ground cayenne pepper - 1 pinch ground black pepper - 1 pound andouille sausage
- cut into 1/2 inch pieces - $\frac{1}{2}$ pound crabmeat
- flaked - 1 pound medium shrimp - peeled and deveined - $\frac{1}{2}$ teaspoon hot pepper sauce - $\frac{1}{4}$ cup Worcestershire sauce - $\frac{1}{2}$ lemon - file powder (see Note)

Instructions

1. Melt butter in a large skillet over medium heat. Cook garlic
2. onions
3. celery
4. and okra
5. stirring constantly until golden brown. Set aside. In a large heavy-bottomed stock pot over medium-high heat
6. combine 1/4 cup butter and flour. Cook
7. stirring constantly
8. until the roux becomes chocolate brown. Stir in the vegetable mixture
9. and stew meat. Cook
10. stirring
11. until vegetables are tender
12. and meat is evenly brown. Stir in water
13. tomatoes
14. and sugar. Season with parsley
15. thyme
16. bay leaves
17. salt
18. cayenne pepper
19. and black pepper. Bring to a boil
20. reduce heat
21. and simmer for 2 1/2 hours
22. stirring occasionally. Add shrimp
23. crabmeat
24. and andouille to the stock pot. Stir in hot pepper sauce and Worcestershire sauce. Remove seeds from lemon and squeeze juice into the stock pot. Simmer an additional 10 minutes
25. stirring occasionally. Remove bay leaves
26. sprinkle with filé powder
27. and serve over rice. Tips Filé powder can be added off the heat to thicken the gumbo. If added while the gumbo is still cooking
28. it may become stringy and unpleasant. Fil é powder is ground sassafras leaves. It is available in many supermarkets.