



Ultimate Gulf Coast Gumbo

Oscar · 28/09/2024



Prep Time

4 hrs

Difficult

Medium

Servings

20

Description

This ultimate gumbo recipe is filled with shrimp crab chicken sausage vegetables and Cajun spices Serve it over rice with garlic bread and a cold beer Be sure to have salt red pepper flakes and additional filé powder on the table

Ingredients

- - 4 pounds medium shrimp - 2 quarts water - ½ cup corn oil - ½ cup all-purpose flour - 1 cup chicken broth - 1 cup water - 1 (3 pound) whole chicken - 5 large tomatoes
- chopped - 2 medium onions
- chopped - 5 stalks celery
- chopped - 1 medium green bell pepper
- chopped - 4 cloves garlic
- minced - 2 tablespoons seafood seasoning (such as Old Bay®) - 1 tablespoon salt - 1 tablespoon ground cayenne pepper - 2 bay leaves - 3 (6 ounce) cans crabmeat
- drained - 1 pound andouille sausage
- diced - 2 tablespoons filé powder

Instructions

1. Peel and devein shrimp. Place shrimp into a bowl; cover and refrigerate until needed. Place shrimp heads and shells into a large pot. Pour 2 quarts water into the pot
2. cover
3. and simmer over medium-low heat until liquid is reduced by half. Strain out and discard shrimp heads and shells. Reserve shrimp broth. Heat oil in a very large stockpot over medium-high heat. Add flour; cook and stir with a long-handled spoon until dark brown and flour puffs and starts to absorb oil
4. 10 to 15 minutes. Slowly stir in chicken broth and 1 cup water. Place chicken into the pot; add tomatoes
5. onions
6. celery
7. bell pepper
8. garlic
9. seafood seasoning
10. salt
11. cayenne pepper
12. and bay leaves. Bring to a boil and cook until chicken is no longer pink at the bone and the juices run clear
13. about 1 1/2 hours. An instant-read thermometer inserted into the thickest part of the thigh
14. near the bone
15. should read 165 degrees F (74 degrees C). Remove chicken from the pot and set aside until cool enough to handle. Remove and discard bones; chop meat into 1-inch pieces. Return chopped chicken to the pot
16. along with reserved shrimp broth
17. crabmeat
18. sausage
19. shrimp
20. and filé powder; stir from the bottom of the pot to combine. Bring to a boil
21. then immediately remove from the heat. Stir gumbo from the bottom for 1 minute. Remove bay leaves and serve.