

# Gumbo

Servings 6 - 8

## Ingredients

### For Roux

1 cup of flour

2/3 cups of vegetable oil or canola oil

### For Gumbo

1 yellow onion

1 bunch of celery

1 bunch of parsley

1 bunch of green onions

1 green pepper

4 cloves of garlic

1 can of fire tomatoes, diced

1 pack of andouille sausages

2 cups of shrimp (fresh or frozen)

Cajun/Creole Seasoning

Bay Leaves

Himalayan pink sea salt

Black Pepper

\*Add crab meat or crab legs for razzle dazzle

### Smoked Gouda Grits

1 package of quick-cooking

## Directions

1. In a large, cast iron skillet or stock pot combine flour and oil. Cook on medium-low heat, stirring constantly for about 45 minutes **BE CAREFUL OR IT WILL BURN** (when it's finished it should be as dark as chocolate). You can add more oil or flour to reach your desired consistency.
2. Once the roux is done, added chopped vegetables & garlic to the roux, cooking for about 5 minutes.

## SHOPPING LIST

1 Pound of medium raw shrimp (peeled & deveined)

1 pack of andouille sausage

1 whole garlic

1 bunch of celery

1 yellow onion

1 green onion

1 bunch of fresh parsley

1 bunch of green onion

1 can of fire diced tomatoes

2 boxes of Chicken Stock

Seasonings: Gumbo file, Bay leaves, thyme, Himalayan pink sea salt Creole of Cajun Seasoning, Black Pepper

Flour

Canola or Vegetable Oil

\*Additional – Crab meat/Crab Legs

*(If you do this in a cast iron skillet, once done, put your roux and veggies in your gumbo pot)*

3. *In a skillet, place the sausage slices in one layer in the pan. Brown them well on one side (2-3 minutes) and then use a fork to flip each over onto the other side to brown. Remove to a plate.*
4. *Add ½ cup of broth to the deglaze the pan and pour the drippings into your pot for gumbo.*
5. *Add remaining 5 ½ cups of chicken broth to roux/veggies mixture. Stir in diced tomatoes & chopped parsley, mixing well. \*Skim off any foam that may rise to the top of the pot*
6. *Add in Sausage.*
7. *Stir in Cajun/Creole seasoning, thyme, salt, pepper, a little cayenne- **optional** and bay leaves. (This is season to taste honestly, adjustments can be made as you go)*
8. *Allow to simmer for about 25 minutes then added shrimp, crab meat, and crab legs. Simmer for an additional 15 minutes.*
9. *Serve over Smoke Gouda Grits*

### **For Smoked Gouda Grits**

#### **Directions**

*Prepare grits per package directions, replacing required water with chicken broth & with half-and-half. When grits begin to thicken, stir in a large handful of Gouda. Add more as desired. Top with a pat of butter and season with sea salt and pepper.*