



Seafood Gumbo



6 Servings



90 minutes

Ingredients :

- Vegetable oil
- All-purpose flour
- Onion
- Green bell pepper
- Celery
- Garlic
- Seafood stock
- Canned diced tomatoes
- Shrimp
- Crab meat
- Okra
- Bay leaves
- Cajun seasoning
- Paprika
- Thyme
- Black pepper
- Salt
- Worcestershire sauce
- Hot sauce
- Cooked white rice
- Fresh parsley



Instructions :

1. Heat oil in a heavy pot over medium heat and whisk in flour , stirring constantly until a deep brown roux forms .
2. Add onion , bell pepper , celery , and garlic to the roux and cook until softened and fragrant .
3. Slowly pour in seafood stock while stirring to prevent lumps , then add diced tomatoes .
4. Stir in okra , bay leaves , Cajun seasoning , paprika , thyme , salt , pepper , Worcestershire sauce , and hot sauce .
5. Reduce heat and simmer gently for about 45 minutes , stirring occasionally .
6. Add shrimp and crab meat , then cook for another 10 minutes until seafood is tender .
7. Remove bay leaves and let the gumbo rest before serving over warm white rice , garnished with fresh parsley .