
Crowd Pleasing Gumbo

Ingredients

1 C flour
1 C oil
¼ bunch celery, finely chopped
1 bell pepper, finely chopped
¼ pound butter **or** margarine
1½ pounds okra, cut
7-ounce tomatoes, chopped
1 can (10-ounces) Rotel tomatoes, chopped
2½-ounces tomato paste
1 gallon crawfish stock
3 t Worcestershire
3 t Cajun seasoning
1 t thyme
1 t basil
1 t ground bay leaves
1 t garlic powder
1 T Tabasco
Red pepper to taste
2 pounds shrimp
1 pound catfish fillets, bite sized
2 T fresh snipped parsley

Procedure

Roux: Brown flour and oil in large iron skillet. **Gumbo:** Add vegetables and stir until soft. Stir in 2 cups of hot water slowly. In a large stock pot melt butter and add cut okra. Cook over medium heat, stirring until okra loses its ropiness. Add chopped tomatoes, tomato paste, roux, water and all seasonings. Let come to a boil, lower heat and simmer 1 hour covered. Add shrimp, fish and parsley. Serve over cooked white rice. **Note:** Substitute 4 - 5 chickens for the seafood cooked in their stock. You may add 1 - 2 pounds of cut up smoked (Andouie) sausage or 2 pints of oysters.

