

Cajun Seafood Gumbo

Burt Kemp

½ cup oil
1 cup flour
1 tablespoon vegetable oil
4 cups Trinity (Celery, Onions, Bell Pepper)
2 tablespoons minced garlic
1 cup diced green onion tops
½ cup chopped flat-leaf parsley
4 cups sliced Jambalaya & Co. Cajun Smoked Pork Sausage
1 tbs Burt's Cajun Seasoning
2 caps Burt's Liquid Seafood Seasoning
1 teaspoon hot sauce, Tabasco seems to add the best flavor, but Crystal is also good
3 quarts seafood or shrimp stock
4 gumbo crabs, quartered
1-quart raw Louisiana oysters
2 pounds (21 – 25-count) Gulf shrimp
1 pound Gulf crabmeat (claw or white lump)
6 cups cooked long-grain or par boiled white rice

First you make a Roux!

In a cast-iron pot with a heavy lid over medium-high heat add ½ cup oil and heat. Add flour and stir constantly with roux paddle. When the roux gets dark brown like chocolate it's done.

Add the trinity, the roux will get darker. Add minced garlic, green onion tops, parsley, and Jambalaya & Co. Cajun Smoked Pork Sausage for 5 minutes. Add all the 1 tbs Burt's Cajun Seasoning, 2 caps Burt's Liquid Seafood Seasoning, 1 teaspoon hot sauce, Tabasco seems to add the best flavor, but Crystal is also good. Remember this is to your taste. Add seafood stock, and gumbo crabs. Close the lid and lower the heat to a simmer. Cook for 1 hour.

Uncover and skim any oil or foam from the surface of the gumbo.

Taste and adjust the seasonings. Add the remaining seafood. Cover and cook at a simmer for 20 minutes.

Ladle the gumbo in bowls over cooked Louisiana white rice. Serve with gumbo filé and hot sauce on the side along with diced green onion tops and lots of hot French bread.

Notes

Trinity is Celery, Onion, and Bell Pepper chopped up.

Gumbo crabs (small, cleaned crabs used for flavor) are sold frozen in most Louisiana seafood markets or online.

File' will thicken your Gumbo



Burt Kemp - Chef