

Shrimp Gumbo

Ingredients:

¼ cup grape seed, canola or vegetable oil
¼ cup all-purpose flour
1 1/2 pounds raw, medium-sized shrimp with shells and tails on
4 cups warmed fish, vegetable or chicken stock, (to infuse stock with shrimp flavor, see below)
1 cup diced onion
1 cup diced celery
1 cup diced green pepper
2 tablespoons fresh, chopped garlic
1 cup seeded and chopped tomato
1 10 ounce bag frozen okra
1 or 2 teaspoons kosher salt
1/2 teaspoon freshly ground black pepper
1 teaspoon fresh thyme, chopped
1/4 teaspoon cayenne pepper
2 bay leaves
1 tablespoon gumbo file powder

Directions:

Preheat the oven to 350 degrees F.

Place the vegetable oil and flour into a 5 to 6-quart cast iron Dutch oven and whisk together to combine. Place on the middle shelf of the oven, uncovered, and bake for 1 1/2 hours, whisking 2 to 3 times throughout the cooking process.

While the roux is baking, peel and devein the shrimp. Place the shrimp in a bowl and set aside in the refrigerator. Reserve the shells to make shrimp stock.

To make shrimp stock:

Place the shells in a 4-quart saucepan along with the 2 quarts of vegetable or chicken stock and the two bay leaves, set over high heat and bring to a boil. Decrease the heat to low and simmer for 1 hour or until the liquid has reduced to approximately 1-quart. Remove from the heat and strain the liquid into a container, discarding the solids.

Once the roux is done, remove it from the oven and set over medium-high heat. Add the onions, celery, green peppers and garlic and cook, moving constantly for 7 to 8 minutes or until the onions begin to turn translucent and the vegetables are coated with the thickening roux. Be very careful not to burn it by keeping it moving. Add the tomatoes, salt, black pepper, thyme, cayenne pepper, and stir to combine. Gradually add the stock while whisking continually. Be sure the stock is warm before adding. Bring the mixture back to almost a boil, then decrease the heat to low, cover and simmer for 35 minutes. Add the shrimp and frozen okra and stir to combine and cook for another 5 minutes. Turn off the heat and add the gumbo file powder while stirring constantly. Cover and allow to sit for 10 minutes prior to serving. Serve over rice.



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