Louisiana Seafood Gumbo

Description

Here is a classic Louisiana seafood gumbo. Seafood gumbo can be made with a base stock reduced from shrimp and crab shells, but will be even more work. This gumbo is made from a homemade chicken stock and just as flavorful. This hearty and really tasty gumbo is brimming with plenty of vegetables, meat and shrimp.

Summary

Yield: 12
Prep Time: 2 1/2 hours
Category: Soups
Cuisine: Cajun

Ingredients

- 1 broiler/fryer chicken, 3 1/2 pounds, cut up
- 2 qts water
- 3/4 cups all-purpose flour
- 1/2 cup vegetable oil
- 1/2 cup green onions, sliced
- 1/2 cup brown onion, chopped
- 1/2 cup green bell pepper, chopped
- 1/2 cup red bell pepper, chopped
- 1/2 cup celery, chopped
- 2 cloves garlic, minced
- 1/2 lb cooked smoked sausage, cut into 1 inch cubes
- 1/2 lb cooked ham, cut into 3/4 inch cubes
- 1/2 lb uncooked medium shrimp, fresh or frozen, peeled and deveined
- 1 cup okra, fresh or frozen, cut into 3/4 inch pieces
- 1 can kidney beans (16 oz), rinsed and drained
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/4 tsp hot pepper sauce
- 6 cups cooked white rice

Instructions

Chicken Stock Base
Add the water and chicken to a Dutch oven and slowly bring to a full boil. Reduce the heat, cover and simmer about 60 minutes or until chicken is tender. Skim the surface as foam rises.

Remove the chicken and set asside, until cool enough to handle. Remove and discard skin and bones. Cut chicken into bite-size pieces.

Strain the chicken stock through a cheesecloth lined collander to skip the fat. Reserve 6 cups of chicken broth for the gumbo. Remaining stock can be refrigerated and used elsewhere (up to 3 days in the refrigerator, 4 to 6 months in the freezer).

Roux
Traditional New Orleans recipes start with a "roux" to make an authentic gumbo.

A roux is a cooked mixture of flour and a cooking fat (we're going to use vegetable oil) that is used to thicken sauces, stews, and gravies. The richness of a dark colored roux adds flavor and color to the finished gumbo.

In a Dutch oven, heat vegetable oil over medium heat until hot. Add flour gradually, stirring or whisking to combine with the oil. After adding all the flour, reduce heat to low and cook, stirring frequently, about 45 to 60 minutes or until roux is dark brown and has a nutlike smell. You want to get the roux to a thick and pasty consistency.

Gumbo
In a Dutch oven, with your *roux* ready from the previous step, stir in onions, peppers, celery and garlic. Cook for 5 minutes or until vegetables are tender.

Everything should be starting to smell wonderful! One of my favorites things about making gumbo is the great aromas in the kitchen.

Stir in the sausage, ham and 6 cups of prepared chicken stock. Bring to a full boil. Reduce heat, cover and simmer for about 45 minutes.

Add the shrimp, okra, beans, salt, pepper and hot pepper sauce. Cover and simmer another 10 minutes or until shrimp is cooked.

Serve
To serve, spoon 1 cup of gumbo into a soup bowl and top with 1/2 cup of cooked white rice.