

# GOOD ENOUGH FOR THE POPE LOUISIANA GUMBO

## INGREDIENTS:

YIELD: 1GAL

- 2#s gulf shrimp
- 1 # live blue crab, steamed and picked
- 1 c. gulf oysters, shucked left raw
- 1 c. crawfish tails, with fat

### *Cajun Mirepoix*

- 2 onions, chopped
- 1 bunch celery, chopped
- 2 bulbs garlic,( that's bulbs baby, not cloves)
- 2 c. green bell pepper, chopped
- 2 bunch green onions, sliced thin
  
- 1 c. fresh okra, sliced ½ " medallions
  
- 2 c. high gluten flour
- 1 pt. whole butter, melted
- ½ c. salad oil
- 4 each. Bay leaves
- 1T. fresh thyme
- 2T. fresh oregano
- 2 T. Tabasco sauce
- 1/4c. Worcestershire sauce
- 2 T. sugar
- 2 pkg. Goya ham concentrate. ( don't tell anyone)
- cracked black pepper and salt to taste
- ½ bottle Zatarains gumbo file

Steamed rice for garnish in everyone's bowl. Tons of butter in dat rice cher

### **For the roux:**

- In a black iron skillet or good saucepan, on high heat until it smokes. Add melted butter, allow it to brown a bit
- Immediately add the flour whisking well. Cook roux until dark brown sugar color.
- Allow more colorization through carry-over cooking. Reserve

**For the gumbo:**

- In a large saucepan, on high heat, sweat the mirepoix in salad oil until nicely translucent.
- Add liquid seasonings (a can of beer optional, remember you'll be drinkin one)
- Add ham concentrate but don't let anyone see you
- Simmer for 20 minutes. Add roux, okra and seafood and simmer on high heat for 20 minutes.
- Add fresh herbs and season to taste.

Bowl up with everyone getting the equal parts seafood. Rice should go in the bowl last for a nice presentation and then sprinkle gumbo file and green onions to finish the soup.

Cest Cest Bon Temp Roulez Mon Cher!!!!!!!!!!!!!!!