



## MAMA'S GUMBO

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Gumbo is one of the crowning glories of New Orleans cuisine. This flavorful stew is named for the West African word for okra, "gumbo." It can feature any number of main ingredients, most commonly, shrimp, crab, chicken, duck, and sausage. A well-made gumbo offers a savory combination of tastes and textures that are unlike any other dish. All gumbos start with a roux, but after the initial browning of fat and flour, other decisions are left to the cook's discretion and what ingredients are on hand. Most gumbos are seasoned with garlic and what Louisianans call the "holy trinity"--bell pepper, onion, and celery. Some cooks add in okra, but an equal number don't. Other possible ingredients include tomatoes, bay leaves, and filé powder (crushed sassafras leaves).

There are a few things to consider before you make gumbo. It will take a lot of time, some of it spent stirring the roux, but most of the time is basically hands free. You'll just need to stir the pot occasionally to prevent sticking.

Not a fan of okra? Then don't include it. But you'll likely want to provide an alternate thickener, such as filé powder, or to cook the stew uncovered to reduce the liquid. White rice is the most traditional accompaniment, but for a truly authentic Cajun touch, serve potato salad on the side.

For 10 to 12 people

### Ingredients for Gumbo:

1 ½ lb.	Chicken wings
1 lb.	Andouille sausage, cut crosswise ¼ inch
1 lb.	Smoked sausage, cut crosswise ¼ inch
1 lb.	Beef hot links, cut crosswise ¼ inch
2 lbs.	Shrimps deveined
2 lbs.	Kings crab legs
8 to 10	Stone crab legs
¾ lbs.	Okras
2	Leeks cut into large julienne
2	Red bell pepper, cut into large julienne
1	Large onion, minced
1 cup	Celery, minced
2	Butter sticks
1 cup	Flour
6	Scallions, minced
2 tbsps.	Gumbo File
	Hot sauce
	Salt & pepper



### **Ingredients for stock:**

¼ cup	Olive oil
2 lbs.	Shrimp shells
1	Onion minced
4	Celery ribs, minced
3	Carrots minced
1	Small garlic bulb, cut in half
3	Bay leaves
2 cups	White wine
6 cups	Water or Chicken stock
1	Bouquet garni
	Black pepper corn

### **Preparation of the stock:**

Using a large stockpot heat up the olive oil and sauté the shrimp shells until pink. Add the onion, celery, carrot and garlic, sweat for 5 to 6 minutes while stirring. Add the white wine, bay leaves, black pepper corn, bouquet garni and water. Bring to a boil and let simmer very gently for 20 minutes. Strain and transfer to stockpot.

### **Preparation of Gumbo:**

Start by making the roux. In skillet melt the butter. Gradually stir in the flour. Over medium high heat stir until the mixture turns brown. Set aside. Start heating up the stock in the stockpot and add the roux. Stir gently using a mix and bring the stock to a simmer, the stock will thicken up. Using a large frying pan, heat the olive oil, season the chicken wings and brown them for 5 to 6 minutes. Using the same pan sauté the sausages for 5 to 7 minutes. Add to the stock.



Using the same frying pan sauté the leeks and then the bell peppers for 2 to 3 minutes but do not brown. Add to the stock. Sauté the onion and celery and add to the pot. Simmer gently for 25 to 30 minutes while stirring occasionally so that nothings sticks and hardens at the bottom. Add the crab, shrimps, okra and keep simmering for another 10 minutes. Add the green onions and the Gumbo is ready to be serve over rice with a side of corn bread

For Mama's Gumbo, add thin sliced corn on cob after adding the crab.

You put your foot in this! That is what they would say in the south

*Hubert Keller*

Chef Owner Fleur by HK/ Burger Bars

