

Seafood Gumbo

COOKBOOK: *The Feast of St. Clement (Plaquemine) 1986* // Joyce S. Hebert

1 CUP FLOUR	1/2 CUP GREEN ONIONS
1 CUP OIL	3 LBS. PEELED SHRIMP
2 LARGE ONIONS	1 LBS. CLAW CRABMEAT
1 MEDIUM BELL PEPPER	1 PINT SMOTHERED OKRA (<i>See below</i>)
8 RIBS CELERY (<i>Chopped</i>)	SALT, RED & BLACK PEPPER TO TASTE

In large pot add oil and flour for roux. Cook slowly on medium burner about 15 to 20 minutes. Roux will be medium brown.

Add coarsely chopped onions, bell pepper and celery; saute till tender. Add okra which has been chopped and smothered down and several cups water. Simmer for about 30 minutes. Add salt, red and black pepper to taste, shrimp and crabmeat and green onions; simmer for about 30 minutes. Serve over steaming rice. Add file' if desired.



In 1984 and in 1985, recipe took Grand Champion honors at the International Acadian Festival.



Smothered Okra

2 LBS. OKRA (<i>About 6 cups chopped</i>)
3 TBLs. OIL
1 LARGE ONION (<i>Chopped fine</i>)
2-3 TBLs. VINEGAR
SALT AND PEPPER TO TASTE

Put oil in a big aluminum pot (about 2 quarts); saute onions, then put in okra. Add salt and pepper to taste. Let the okra smother down a little. When it begins to get slimy add the vinegar at tablespoon at a time. As it cooks down that will disappear. Cook about 45 minutes to an hour.

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Seafood File' Gumbo

COOKBOOK: White Castle Blend 1980 // Marlene Robbins

1 LBS. CRAB MEAT	1 BELL PEPPER (Chopped)
1 1/2 LBS. SHRIMP (Seasoned)	ROUX (See below)
1 PT. OYSTERS	1 1/2 GAL. WATER
1 LARGE ONION (Chopped)	GUMBO FILE'
2 PIECES CELERY (Chopped)	SALT & PEPPER TO TASTE

In deep large pot, make roux, then sauté onions, bell pepper, and celery in roux. Add shrimp and sauté. Add water, crab meat. Cook for 1 hour or so until shrimp are cooked and the juice tastes good. Add oysters 15 minute before done. Salt and pepper if needed. Put in file' to taste before serving.



Serve with rice. Serves 8-10 people.



Roux

2/3 CUP OIL

2/3 FLOUR

Put oil in a 2-quart or larger heavy pot. Whisk in flour until smooth. Allow it to bubble for at least 1 minute while mixing. This will eliminate any floury flavors. Cook to desired color.

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