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Surf and Turf Gumbo



Ingredients

10pc large shrimp
300g sausage, sliced into ½ inch rounds
6 cups chicken broth
2 ½ tbsp all-purpose flour
1 small onion, diced
2 celery stalks, diced
2 bay leaves
Thyme leaves
4 cloves garlic, minced
½ tsp cayenne pepper
1 tsp Tabasco sauce
100g okra, sliced
85g crab meat
10 mussels
200g tomatoes, diced
Sea salt
Freshly ground pepper
½ lemon juice
Parsley

Preparation

- 1 Peel the shrimp and keep the heads and shells aside for your broth.
- 2 Heat a saucepan over medium heat and add olive oil and sausages. Cook till you get some good colour.
- 3 In another pot, add olive oil and fry shrimp heads and shells for about 5 minutes over high heat. Then pour in chicken broth and bring to boil. Simmer for 20 minutes.
- 4 Transfer your cooked sausages to a plate. In a pan, add the flour and heat down to low and stir. Add olive oil to have a semi-loose roux. After 2 minutes, splash another olive oil with onion, celery and bell peppers. Stir into the vegetable mixture with thyme leaves.
- 5 Fry the mixture for 5 minutes and then add the garlic, cayenne, okra and Tabasco. Stir and fry for couple more minutes.
- 6 Then add broth, canned tomatoes and simmer for 10 minutes. Stir in your cooked sausages, peeled shrimp, crab meat and mussels and leave on medium heat for 5 minutes.
- 7 Add salt and pepper to taste and squeeze lemon juice if needed. Chop the parsley and sprinkle into the gumbo.

8 Serve with rice.

Cooks Note
