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by ewfood

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