

Shrimp Gumbo

You may ask yourself, “Self...What’s the difference between Gumbo and Jambalaya?” Mainly, if the rice is cooked separately, it’s a Gumbo. Jambalaya calls for the rice to be cooked in the same pot. To compliment this hearty soup, add a simple tomato cucumber salad layered with sliced onion, dressed in a vinegar, oil and mayo dressing. Don’t forget the biscuits! Pour a Beaujolais or try a malty Dixie Blackened Voodoo lager. *Laissez les bon temp rouler!*



Ingredient list for 4 servings:

1 tbsp olive oil + 1 tbsp butter
1 large onion - chopped
1 celery stalk - chopped
1 medium bell pepper - seeded & chopped
2 ½ tbsp flour
2 cloves garlic - chopped
1 tbsp chili powder
3 large plum tomatoes - seeded & chopped
4 c chicken stock
1 8-12" chorizo sausage - cooked, not raw - cut into ½" cubes
1 lb shrimp - shelled
1 tsp filé powder (sassafras)
White or brown rice - cooked



- Sauté onion, celery and green pepper in oil/butter mix; lower heat to medium-low and add flour; cook until a golden brown, stirring constantly to prevent scorching.
- Add garlic & chili powder; cook 1 minute.
- Add tomatoes & simmer 3 - 5 minutes, stirring often.
- Add stock & bring to boil; add sausage, shrimp & filé powder; cook until slightly thickened.
- Taste and adjust seasonings. The heat comes from the chorizo, so if you prefer a hotter gumbo, add cayenne or Tabasco to taste.
- Serve over rice.

Note: Plant the bell pepper and tomato seeds in your kitchen garden for extra credit.