

Holiday Seafood Gumbo

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Servings: 6

The gumbo may be prepared up to three days in advance through adding the seasoning and cooking the liquid and before the seafood and sausage are added. Cover and refrigerate. Reheat gently and when the gumbo is simmering add the seafood, sausage and file' powder.

1/2 cup canola oil or other high-heat cooking oil
1/2 cup all-purpose flour
1 large onion, chopped
1 red pepper, seeded and diced
1 green pepper, seeded and diced
2 stalks celery, diced
4 cloves garlic, minced
1 can (14 1/2 oz) diced tomatoes with juice
2 tablespoons tomato paste
6 cups chicken broth or fish stock
2 bay leaves
2 1/2 to 3 tablespoons Cajun Creole seasoning blend (depending on taste)
salt and freshly ground pepper (to taste)
1/2 pound Andouille sausage, cut into 1-inch slices
2 pounds large shrimp (13 to 15 count), peeled and deveined
1 pound lump crabmeat
1 teaspoon file' powder
2 tablespoons parsley, finely chopped
hot pepper sauce (to taste)

In a 4-cup glass measuring cup, combine the oil and flour. Mix to combine, making sure there are no lumps. Microwave on high for 2 minutes and, with pot holders, stir the roux with a wooden spoon. Repeat three more times until the roux is dark brown, almost black (total of 8 minutes on high.) You may need to do it for another minute.

Transfer the roux, using potholders to protect your hands, into a large pot on medium-high heat.

Add the onion, pepper and celery. Cook for about 8 to 10 minutes or until softened, stirring occasionally and scraping up any brown bits from the bottom of the pan.

Add the garlic and cook for another minute.

Add the diced tomatoes, tomato paste, chicken stock or fish broth, bay leaves and seasoning. Bring the mixture to a boil and then lower the heat to a low simmer for about 20 minutes, or until lightly thickened.

Add the sausage, shrimp and crab. Cook another 3 minutes or until the sausage and shrimp are heated through. Add the file' powder and cook another minute. Remove the bay leaves and taste for seasoning.

Ladle into bowls. Garnish with parsley and pass the hot sauce.

The gumbo can be served on top of a bed of rice, if desired.

Per Serving (excluding unknown items): 132 Calories; 1g Fat (7.4% calories from fat); 16g Protein; 14g Carbohydrate; 2g Dietary Fiber; 59mg Cholesterol; 279mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1 Vegetable.