

Gulf of Mexico Gumbo

written by The Recipe Exchange | August 5, 2016

Ingredients

1 cup all-purpose flour
1 teaspoon vegetable oil
2 cups chopped onion
1 cup chopped green bell pepper
1/2 cup chopped celery
4 garlic cloves, minced
1 cup sliced okra
1 cup chopped tomato
1 1/2 cups water
1 teaspoon Cajun-Creole Seasoning
4 (8-ounce) bottles clam juice
2 bay leaves
1/2 pound skinned red snapper or other firm white fish fillet, cut into 1-inch pieces
1/4 cup thinly sliced green onions
3/4 pound crawfish, peeled
1/4 pound medium shrimp, peeled and deveined
1/2 teaspoon hot sauce
4 1/2 cups hot cooked long-grain rice

Directions

Place flour in a 9-inch cast-iron skillet; cook over medium heat 20 minutes or until browned, stirring constantly with a whisk. (If flour browns too fast, remove it from heat, and stir until it cools down.) Remove from heat; set aside.

Heat oil in a large Dutch oven over medium heat. Add onion, bell pepper, celery, and garlic; sauté 8 minutes or until vegetables are tender. Add okra and tomato; cover and cook 5 minutes, stirring occasionally. Add 1 1/2 cups water, Cajun-Creole Seasoning, clam juice, and bay leaves, and bring to a boil. Gradually add browned flour, stirring with a whisk. Reduce heat; simmer, uncovered, for 45 minutes, stirring occasionally.

Add snapper; cook 5 minutes. Add green onions, crayfish, and shrimp; cook 10 minutes or until seafood is done. Stir in hot sauce; discard bay leaves. Serve gumbo over rice.