

Shrimp and Andouille Gumbo

Ingredients:

1½ cups vegetable oil
1½ cups flour
2 cups chopped onions
1½ cups chopped green peppers
1 cup chopped celery
4 cups sliced okra (about 1 ½ pounds) ok to use frozen okra
1 tbsp minced garlic
2 bay leaves
½ tsp white pepper
½ tsp cayenne pepper
½ tsp black pepper
½ tsp dried thyme
¼ tsp dried oregano
6 cups shrimp stock (recipe below)
1 lb Andouille Sausage, cut in ½ chunks
2 lbs shrimp, med or large, peeled and deveined

Preparation:

In a deep, heavy skillet, heat oil over high heat until just smoking. Gradually add flour, whisking constantly until incorporated.

Continue to cook, whisking, until roux darkens to a deep, nutty color (this may take 30 to 45 minutes). **Be careful not to burn roux.** Immediately add onions, green peppers, and celery, and cook stirring 3 or 4 minutes. Add three cups of okra, garlic, herbs and spices.

Meanwhile in a large Dutch oven or heavy soup pot, bring stock to a vigorous boil. Spoon roux a little at a time into boiling stock, stirring well after each addition until dissolved and liquid has thickened.

Reduce heat to a simmer and add Andouille Sausage. Simmer 15 minutes stirring frequently.

Add remaining okra and continue to simmer 10 minutes more.

Add shrimp and continue to simmer 3 or 4 minutes. Do not cook shrimp too long or they will get hard and lose their taste.

Serve over steamed rice with gumbo file powder if desired.

Shrimp Stock

Ingredients:

8 cups uncooked shrimp heads and shells (1 to 2 lbs of large shrimp)
2 onions, peeled, halved and sliced
2 stalks celery, chopped
2 lemons, halved
8 bay leaves
½ cup chopped, fresh parsley
1 tsp dried basil
1 tsp dried thyme
1 tsp dried tarragon
1 tsp dried oregano
¾ tsp whole, black peppercorns
2 tsp salt
4 qts water, cold or at room temperature

Preparation:

Rinse the shrimp heads and shells quickly under cold water, and place them in a stock pot with the remaining ingredients.

Bring to a boil over high heat.

Reduce the heat to low and simmer for 10 minutes.

Turn the heat up to medium and cook for 30 minutes.

Allow to cool thoroughly, strain, and refrigerate.

Keeps about 1 month, so can be made ahead of time.