



Chef Allan

Shrimp & Andouille Gumbo

Ingredients:

¾ cup vegetable oil
¾ cup flour
2 cups chopped onions
1½ cups chopped green bell pepper
1 cup chopped celery
4 cups sliced okra, (frozen does fine)
1 tbsp minced garlic
2 bay leaves
½ tsp white pepper
½ tsp cayenne (to taste)
½ tsp black pepper
½ tsp dried thyme
¼ tsp dried oregano

5 ½ cups shrimp stock (recipe follows)
1 lb andouille sausage, cut in thin slices (use any smoked sausage if you cannot find andouille)
2 lbs medium shrimp, peeled and deveined

Shrimp Stock:

8 cups uncooked whole shrimp (1 to 2 lbs large ones)
2 onions, 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 quarts water at room temperature

Preparation:

- 1 In a deep heavy skillet, heat oil over high heat until just smoking. Gradually add flour, whisking constantly until incorporated into oil. Continue to cook, whisking, until roux darkens to a rich, deep, nutty color. Be careful not to burn. If it burns you must discard and start over. Immediately add onions, bell peppers, celery and cook stirring for about 3 minutes. Add 3 cups of okra, garlic, herbs, and spices.
- 2 Meanwhile in a large Dutch oven or heavy soup pot, bring stock to 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 simmer and add sausage. Simmer 15 minutes, stirring frequently. Add remaining 1 cup okra and continue to simmer for 10 minutes more.
- 3 Add shrimp and continue to simmer for 3 minutes, or until just cooked through. Some like to put filé powder on the table so people can add to gumbo if desired. Place rice on the table so it can be added to gumbo if desired.

Yield: 6 to 8 servings.

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- 1 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, can be made ahead of time.