

SPICES, SEASONING  
CUSTOM FORMULATIONS

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## SEAFOOD GUMBO

SHRIMP	1 - 1.50 LB	CRUSHED TOMATOES	28 OZ CAN
CRAB MEAT	8 - 10 OZ	ZACH'S GUMBO SEASONING	3 OZ PKG
FISH	1 - 1.50 LB	FLOUR	4 TABLESPOONS
GREEN ONIONS	3 PIECES	BACON (NO TURKEY BACON)	4 SLICES
FROZEN OKRA	1 PACKAGE		

**BEGIN BY CHOPPING THE GREEN ONIONS.**

**ONCE COMPLETE, PLACE THE BACON INTO A SKILLET AND FRY UNTIL COOKED. AFTER THE BACON HAS FINISHED FRYING, REMOVE THE BACON FROM THE PAN AND BEGIN SAUTÉING THE GREEN ONIONS IN THE BACON DRIPPINGS.**

**NEXT ADD FLOUR TO YOUR SAUTÉED GREEN ONIONS AND BACON DRIPPINGS AND BEGIN STIRRING FOR 5 MINUTES AT A LOW HEAT AS TO NOT BURN THE MIX (IF NEEDED, ADD OIL TO YOUR PAN.).**

**PLACE THE POT THAT YOU WILL BE USING TO COOK ON THE BURNER AND ADD 1.5 QUARTS OF WATER.**

**NEXT ADD THE SAUTÉED MIXTURE FROM ABOVE, THE ZACH'S GUMBO SEASONING PACKAGE (3 OZ), FROZEN OKRA (1 PACKAGE), AND CRUSHED TOMATOES (28 OZ CAN) AND ALLOW TO SIMMER ON STOVE AT MEDIUM HEAT FOR 1 HOUR OR UNTIL THE FLAVOR OF THE MIXTURE HAS HAD TIME TO DEVELOP (YOU CAN ADD ADDITIONAL WATER AS THE COOKING PROCESS CONTINUES TO ENSURE THAT EVERYTHING REMAINS COVERED).**

**AFTER THE POT OF INGREDIENTS HAVE HAD TIME TO COOK FOR AT LEAST AN HOUR, ADD THE UNCOOKED SEAFOOD TO THE POT AND ALLOW TO CONTINUE COOKING FOR AN ADDITIONAL HOUR.**

**ONCE THE SEAFOOD HAS COOKED FOR APPROXIMATELY ONE HOUR, CHECK TO ENSURE THE SEAFOOD HAS COOKED ACCORDING TO USDA RECOMMENDATIONS. IF THE SEAFOOD IS FULLY COOKED, YOU ARE READY TO SERVE AND EAT.**