









Yumbo Gumbo

Grocery List

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- 3 Louisiana blue crabs, pre-boiled
 - 3 lbs. medium shrimp, raw, unshelled
 - 1 lb. ½ inch thick ham steak
 - 1 lb. skinless, boneless chicken thighs
 - 1 lb. Louisiana Creole hot sausage
 - 1 lb. smoked beef sausage, sliced
 - 1 yellow onion, diced
 - 1 bunch green onion
 - 3 cloves garlic
 - ¼ cup fresh parsley
 - 1 lb. fresh okra
 - 1 cup all-purpose flour
 - Louisiana Creole:
 - ½ tsp cayenne
 - 1 tsp paprika
 - ½ tsp oregano
 - ½ tsp thyme
 - 1 Tbsp garlic powder
 - ½ tsp black pepper
 - 1 tsp salt
 - ½ tsp onion powder
 - 1 32 oz. carton of chicken stock
 - vegetable oil
 - salt & black pepper
 - 1 tsp dried thyme
 - 4 fresh bay leaves
 - 1 tsp cayenne pepper
 - gumbo filé powder
 - 3 cups long grain white rice, cooked
 - Louisiana French bread

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