

## Yumbo Gumbo

**by Keila V. Dawson** Makes 10-12 bowls of gumbo

## Ingredients

- 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
- <sup>1</sup>/<sub>4</sub> cup fresh parsley
- 1lb. fresh okra
- 1 cup all-purpose flour
- Louisiana Creole seasoning recipe:

½ tsp cayenne

1 tsp paprika

- ½ tsp oregano
- <sup>1</sup>⁄<sub>2</sub> tsp thyme
- 1 Tbsp garlic powder ½ tsp black pepper
- 1 tsp salt

<sup>1</sup>/<sub>2</sub> tsp onion powder

- 132 oz. carton of chicken stock
- vegetable oil
- salt & black pepper
- 1 tsp dried thyme
- 4 fresh bay leaves
- 1tsp cayenne pepper
- gumbo filé powder, to taste
- 3 cups long grain white rice, cooked
- Louisiana French bread

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## Follow along!

Cook with instructional videos to help you along.



## Cookware

- one 12-14-quart stock pot
- several large and medium pots
- measuring spoons and cups
- cutting boards
- several sharp kitchen knives
- plastic kitchen knife or lettuce knife
- wooden paddle spoon or wire whisk
- large cooking spoons
- a large colander
- large bowls
- mini prep bowls



- 1. Peel and clean each crab. Remove the crab's front flap and top. Break the body in half and scoop out the orange fat and long feathery lungs. Discard. Rinse the inside. \*If you cannot find Louisiana blue crabs, snow crab legs or lump crab in a can are good substitutes. Do NOT use imitation crab.
- 2. Peel and clean shrimp. Pull off the heads and tails and remove the shells. Store in a bowl for later use. After an adult makes a cut along the back of each shrimp, devein by pulling out the poop chute!
- 3. Slice ingredients. Use a plastic knife to slice the okra, and smoked sausage into ¼ inch pieces. Cut the ham steak into small cubes. Peel the yellow onion and garlic. Save the onion skins in the shrimp shell bowl. Have an adult dice the yellow onion, green onion, parsley, and garlic. Watch them season the chicken with salt and pepper and cut each thigh into bite-sized pieces.
- 4. Seasoning and hot sausage. Carefully measure the ingredients to make the Louisiana Creole seasoning. Use it to lightly season the peeled shrimp. Fill a medium-sized pot with water so an adult can boil the hot sausage for 15 minutes. If using fresh hot sausage, poke holes in the links before they go in the pot. Remove the sausage and let cool before slicing into round ¼ inch pieces. Discard the water.
- 5. Watch an adult make a dry roux. They'll heat a well-seasoned cast iron skillet on medium high, then spread the flour evenly over the dry bottom and constantly stir about 15 minutes with a wooden paddle or wire whisk until it browns. Transfer to a bowl.
- 6. Deslime the okra. An adult can do this by frying or you can preheat the oven to 400°F, place sliced okra on a baking pan in a single layer, drizzle with oil, and bake for 15 minutes. Stir the okra, and bake 10 minutes at a time until the slime is reduced.
- 7. Make a shrimp stock. Fill a 6-quart pot with 4 quarts of water. Add the shrimp shells and onion skins so an adult can boil for 10 minutes.
- 8. Start cooking the gumbo. While the stock is boiling, ask an adult to sauté the yellow onion in the 12-quart pot, then brown the chicken in it. Add the smoked sausage and ham. Cook about 10 minutes. Strain the shrimp stock into the pot. Add the chicken stock and okra. Add a tablespoon of roux at a time while stirring until the consistency is thicker than soup but not as dense as stew. Add the hot sausage, crab, thyme, cayenne pepper, bay leaves, and Louisiana Creole seasoning to taste. Bring to a soft boil, reduce to medium-low heat and cook uncovered, stirring occasionally, for 1 hour.
- 9. Finish cooking the gumbo. Add the seasoned shrimp, green onion, parsley and garlic to the gumbo pot and cook 8-10 minutes until the shrimp turns pink. Remove from heat. Add cayenne pepper and slowly add a ¼ tsp of gumbo filé at a time.

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10. Serve in a bowl with cooked white rice and Louisiana French bread.