

Cajun Seafood Gumbo

Annie Corkern - Abita Springs, LA
Treasure Classics - National LP Gas Association - 1985

Yield: 4 quarts

3 large spoons lard
3 large spoons flour
1 large onion
2 to 3 pods garlic
1/2 bell pepper
3 quarts water
salt
red pepper
black pepper
1 can (16 ounce) fresh crab
claw meat
several large crabs, split
1 pound shrimp, peeled
1 pint jar oysters and liquid
1/2 cup parsley
3 to 4 green onions,
chopped

Preparation Time: 30 minutes**Cook Time: 3 hours**

In a pot, make a roux with the lard and flour.
Cook slowly, stirring often until brown.

Cut up the onion, garlic and bell pepper. Add to the roux. Slowly add about three quarts of water, stirring while you pour.

Add the salt, red pepper and black pepper to taste (season well). Add the claw meat and several cleaned crabs. Cook for about one hour.

Then add one or more pounds of raw peeled shrimp and the liquid from a pint of oysters. Cook until the shrimp are done.

About 30 minutes before serving, add the chopped parsley and green onions.

About 15 minutes before serving, add the oysters.

Serve on cooked white rice. Be sure to have a bottle of fresh file' on hand so that each person can add their own.

(This dish freezes well. Do not freeze the gumbo with the oysters in it but add fresh ones before serving.)

Per Serving (excluding unknown items): 7473 Calories; 627g Fat (76.0% calories from fat); 134g Protein; 310g Carbohydrate; 16g Dietary Fiber; 1274mg Cholesterol; 794mg Sodium. Exchanges: 19 Grain(Starch); 13 Lean Meat; 3 1/2 Vegetable; 123 Fat.