

# Leah Chase Gumbo

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## Servings: 6

*3 tablespoons vegetable oil  
1/2 cup celery, diced  
1/2 cup red onion, diced  
1/2 cup red peppers, diced  
4 cloves garlic, minced  
1 teaspoon Kosher salt  
1/2 teaspoon freshly ground black pepper  
4 ounces ground chorizo  
1 can (14 ounce) crushed tomatoes  
12 ounces fresh okra, diced small  
1 tablespoon smoked paprika  
1 tablespoon file' powder  
1 teaspoon cayenne pepper  
2 cups fish stock  
2 cups chicken stock  
2 tablespoons apple cider vinegar  
1 pound large shrimp, peeled and deveined  
8 ounces smoked andouille sausage, sliced 1/4-inch thick  
6 cups cooked rice (for serving)  
chopped scallions (for serving)  
chopped fresh parsley (for serving)*

## Preparation Time: 30 minutes

In a large saucepan or Dutch oven set over medium-high heat, heat the vegetable oil. When the oil shimmers, add the celery, onion, peppers, garlic, salt and pepper. Cook, stirring frequently, until the onion is translucent, 3 to 4 minutes. Add the chorizo and cook for 4 to 5 minutes, stirring frequently.

Add the tomatoes, okra, paprika, file' powder and cayenne. Continue cooking for 4 to 5 minutes, stirring frequently. Add the stocks and vinegar. Bring to a simmer. Decrease the heat to low. Cover and cook for 20 to 25 minutes, stirring occasionally. The file' powder, which is made by grinding sassafras leaves, will thicken the stew.

Add the shrimp and andouille. Stir to combine. Continue to cook for 4 to 5 minutes, until the shrimp are just cooked through.

Serve the gumbo over rice with scallions and parsley.

*Leah Chase was known as the Queen of Creole Cuisine.*

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Per Serving (excluding unknown items): 200 Calories; 10g Fat (50.3% calories from fat); 17g Protein; 6g Carbohydrate; 1g Dietary Fiber; 120mg Cholesterol; 1243mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.