

Seafood Gumbo I

Mrs. Robert Witcher - Manhasset, NY

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 20

*1 cup bacon drippings
1 cup all-purpose flour
8 stalks celery, chopped
3 large yellow onions, chopped
1 bunch green onions, chopped
1 green pepper, chopped
2 cloves garlic, minced
1/2 cup parsley, chopped
1 pound okra, chopped
2 tablespoons shortening
2 quarts chicken stock
2 quarts water
1/2 cup Worcestershire sauce
Tabasco sauce (to taste)
1/2 cup ketchup
1 can (16 ounce) whole tomatoes
2 tablespoons salt
1 large slice ham, chopped
2 bay leaves
1/4 teaspoon thyme
1/4 teaspoon rosemary
2 cups cooked chicken, chopped
1 pound claw crabmeat
3 to 4 pounds boiled shrimp
1 pint oysters (optional)
1 teaspoon brown sugar
lemon juice (to taste)*

In a saucepan, heat the bacon drippings over medium heat. Add the flour slowly and stir constantly until the roux is a chocolate-like brown. This takes a long time.

Add the celery, onions, green pepper, garlic and parsley. Cook for 45 minutes to one hour, stirring occasionally.

Fry the okra in shortening until slightly browned. Add to the vegetable mixture and stir well for a few minutes.

Add the chicken stock and water, Worcestershire sauce, Tabasco sauce, ketchup, tomatoes with juice, salt, ham, bay leaves, thyme and rosemary. Simmer for two and one-half hours.

Add the chicken, crabmeat and shrimp. Simmer for 30 minutes more. (If using oysters, add with the seafood.)

Add the brown sugar and lemon juice.

Serve in bowls over hot rice.

Per Serving (excluding unknown items): 209 Calories; 13g Fat (59.1% calories from fat); 8g Protein; 13g Carbohydrate; 2g Dietary Fiber; 29mg Cholesterol; 1809mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 1 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	209	Vitamin B6 (mg):	.2mg
% Calories from Fat:	59.1%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	25.3%	Thiamin B1 (mg):	.6mg
% Calories from Protein:	15.6%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	13g	Folacin (mcg):	45mcg
Saturated Fat (g):	6g	Niacin (mg):	3mg
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	29mg	% Refused:	0.0%
Carbohydrate (g):	13g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	1/2
Protein (g):	8g	Lean Meat:	1
Sodium (mg):	1809mg	Vegetable:	1
Potassium (mg):	355mg	Fruit:	0
Calcium (mg):	52mg	Non-Fat Milk:	0
Iron (mg):	2mg	Fat:	2 1/2
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	29mg		
Vitamin A (i.u.):	404IU		
Vitamin A (r.e.):	43 1/2RE		

Nutrition Facts

Servings per Recipe: 20

Amount Per Serving

Calories 209 **Calories from Fat:** 124

% Daily Values*

Total Fat 13g	21%
Saturated Fat 6g	28%
Cholesterol 29mg	10%
Sodium 1809mg	75%
Total Carbohydrates 13g	4%
Dietary Fiber 2g	7%
Protein 8g	
Vitamin A	8%
Vitamin C	49%
Calcium	5%
Iron	11%

* Percent Daily Values are based on a 2000 calorie diet.