

Seafood Gumbo II

Mrs. R. Boatner Howell Jr

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

Servings: 8

1/2 cup salad oil
1/2 cup flour
1 large onion, chopped
2 to 3 cloves garlic, minced
1 can (16 ounce) tomatoes, undrained
1 1/2 pounds frozen or fresh okra
oil for frying
2 quarts hot water
3 1/2 tablespoons salt
3/4 teaspoon red pepper
1 large bay leaf
1/4 teaspoon thyme
8 to 10 allspice berries
few grains chili pepper
2 pounds headless raw shrimp, peeled
1 pound crab claw meat, picked clean
1 pint oysters
1/2 cup green onions, chopped
1/2 cup parsley, chopped

Make a very dark roux in a large heavy pot. Add the onions and garlic. Cook slowly until the onions are transparent. Add the tomatoes and cook on low heat until the oil rises to the top (about 30 minutes), stirring frequently.

In a separate skillet, fry the okra in oil on moderately high heat, stirring constantly, until the okra is no longer stringy. Add the okra to the other mixture. Stir and simmer about 10 minutes.

Add the water, salt and pepper. Simmer partially covered for 45 minutes. Add the other seasonings. Simmer for an additional 20 minutes. Add the shrimp. Simmer for 15 minutes. Add the crab meat. Simmer 15 minutes more. Add the oysters for the last 5 minutes of cooking.

Taste carefully for seasoning, adding more if necessary.

Remove from the fire and stir in the green onions and parsley.

Serve over rice.

Variations may be made by adding different seafoods, sausages or poultry.

Per Serving (excluding unknown items): 267 Calories; 16g Fat (53.2% calories from fat); 16g Protein; 16g Carbohydrate; 2g Dietary Fiber; 57mg Cholesterol; 3419mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 3 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	267
% Calories from Fat:	53.2%
% Calories from Carbohydrates:	22.7%
% Calories from Protein:	24.0%
Total Fat (g):	16g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	8g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	57mg
Carbohydrate (g):	16g
Dietary Fiber (g):	2g
Protein (g):	16g
Sodium (mg):	3419mg
Potassium (mg):	380mg
Calcium (mg):	133mg
Iron (mg):	6mg
Zinc (mg):	60mg
Vitamin C (mg):	19mg
Vitamin A (i.u.):	441IU
Vitamin A (r.e.):	59RE

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	17.1mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	50mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	3
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	267	Calories from Fat: 142
-----------------	-----	------------------------

% Daily Values*

Total Fat	16g	25%
Saturated Fat	2g	11%
Cholesterol	57mg	19%
Sodium	3419mg	142%
Total Carbohydrates	16g	5%
Dietary Fiber	2g	9%
Protein	16g	

Vitamin A	9%
Vitamin C	32%
Calcium	13%
Iron	32%

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