
Seafood Gumbo V

The Essential Southern Living Cookbook

Servings: 18

Preparation Time: 45 minutes

Start to Finish Time: 3 hours

This recipe serves a party crowd and freezes well if you have leftovers.

2 lemons sliced almonds
1 package (3 ounce) crab boil
1 teaspoon table salt
2 pounds unpeeled medium raw shrimp
1 pound bacon
1 cup all-purpose flour
2 onions, finely chopped
2 green bell peppers, finely chopped
4 cloves garlic, minced
1 pound cooked ham, cubed
2 pounds fresh crabmeat, drained and flaked
3 pounds fresh okra, sliced
1 can (28 ounce) whole tomatoes, undrained and chopped
1/2 cup Worcestershire sauce
2 teaspoons table salt
1 teaspoon black pepper
hot cooked rice

In a large Dutch oven, bring one gallon of water, the lemons, crab boil and one teaspoon of salt to a boil. Add the shrimp. Cook for 3 to 5 minutes or until the shrimp turn pink. Discard the lemons and crab boil. Remove the shrimp, reserving the water. Peel the shrimp. Chill.

Cook the bacon in a large skillet until crisp. Remove the bacon, reserving the drippings in the skillet. Crumble the bacon and set aside.

Add the flour to the drippings in the skillet. Cook over medium heat, stirring constantly, until the roux is caramel color (about 5 minutes). Stir in the onions, bell peppers and garlic. Cook over low heat for 10 minutes or until the vegetables are tender.

Add the roux, ham, crabmeat, okra, tomatoes, Worcestershire sauce, salt and pepper to the reserved water in the Dutch oven. Bring to a boil. Reduce the heat. Simmer for one hour and 50 minutes. Stir in the chilled shrimp. Cook for 5 to 10 minutes.

Serve the gumbo over rice. Sprinkle with bacon.

Soup, Stew and Chili

Per Serving (excluding unknown items): 327 Calories; 24g Fat (64.3% calories from fat); 17g Protein; 13g Carbohydrate; 2g Dietary Fiber; 36mg Cholesterol; 1191mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.