

Southwest Gumbo

Fresh Ways with Soups & Stews
Time-Life Books

Servings: 8

3 tablespoons olive oil
8 ounces fresh okra, trimmed and cut into one-inch lengths
1 large onion, coarsely chopped
1 cup celery, very finely chopped
1 large clove garlic, finely chopped
1 large shallot, finely chopped
3 tablespoons masa harina
1 teaspoon file' powder
1 teaspoon salt
1 teaspoon sugar
1 teaspoon freshly ground black pepper
1 teaspoon ground cumin
4 cups fish stock
1 green pepper, seeded, deribbed and coarsely chopped
1 sweet red pepper, seeded, deribbed and coarsely chopped
1 pound tomatillos, husked, cored and cut into thin wedges
1/3 cup fresh parsley, chopped
2 tablespoons cilantro, finely chopped
8 drops red hot-pepper sauce
1 pound halibut steaks (or sea bass), rinsed, skinned and cut into one-inch cubes
1 pound orange roughy fillets (or grouper), rinsed and cut into one-inch pieces
1 pound medium shrimp, peeled, deveined if necessary

Preparation Time: 40 minutes

Heat one tablespoon of the olive oil in a large, heavy-bottomed, nonreactive pot over medium-high heat. Add the okra and saute' it turning frequently, until it is evenly browned - about 5 minutes. Remove the okra and set it aside.

Reduce the heat to medium and pour the remaining two tablespoons of oil into the pot. Add the onion and celery and cook them, covered, until the onion is translucent - about 5 minutes. Add the garlic and shallot and cook the minute, stirring constantly, for 2 minutes more. Sprinkle in the masa harina, file' powder, salt, sugar, black pepper and cumin. Whisk in the stock and bring the liquid to a boil. Add the okra, the green pepper, red pepper and tomatillos. Partially cover the pot, then reduce the heat to maintain a simmer and cook the gumbo, stirring occasionally, for 8 to 10 minutes.

Stir in the parsley, cilantro and red-pepper sauce. Add the halibut, orange roughy and shrimp. Gently stir the gumbo to incorporate the fish and shrimp. Cover the pot, reduce the heat to low and cook the gumbo for 5 minutes more. Serve immediately.

Start to Finish Time: 1 hour

Masa harina - finally ground white or yellow hominy - may be obtained at large supermarkets. If it is unavailable, substitute flour. File' powder, used to flavor and thicken Creole soups and stews, is made from dried young sassafras leaves.

Per Serving (excluding unknown items): 206 Calories; 10g Fat (46.0% calories from fat); 13g Protein; 12g Carbohydrate; 3g Dietary Fiber; 94mg Cholesterol; 486mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	206
% Calories from Fat:	46.0%
% Calories from Carbohydrates:	26.1%
% Calories from Protein:	27.9%
Total Fat (g):	10g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	94mg
Carbohydrate (g):	12g
Dietary Fiber (g):	3g
Protein (g):	13g
Sodium (mg):	486mg
Potassium (mg):	493mg
Calcium (mg):	81mg
Iron (mg):	3mg
Zinc (mg):	1mg
Vitamin C (mg):	60mg
Vitamin A (i.u.):	1619IU
Vitamin A (r.e.):	182RE

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.6mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	28mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 206 Calories from Fat: 95

		% Daily Values*
Total Fat	10g	15%
Saturated Fat	3g	13%
Cholesterol	94mg	31%
Sodium	486mg	20%
Total Carbohydrates	12g	4%
Dietary Fiber	3g	11%
Protein	13g	
Vitamin A		32%
Vitamin C		101%
Calcium		8%
Iron		16%

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