

SEAFOOD GUMBO

Submitted by April Kittel

A hearty, flavor-packed gumbo loaded with Gulf shrimp, crab, tender chicken, and smoky andouille sausage, all simmered in a rich, boldly seasoned broth.

Ingredients

For the Roux

- ½ cup vegetable oil
- ½ cup all-purpose flour

For the Gumbo

- 1 white onion, diced
- 1 green bell pepper, diced
- 4 celery stalks, diced
- 4–5 cloves garlic, minced
- 6 cups seafood broth
- 2 cups fresh okra, sliced (optional)
- 2 lbs Gulf shrimp, peeled and deveined (reserve shells for seafood broth)
- 1 lb lump crab meat
- 1 lb crab claws or clusters, peeled
- 1 lb boneless chicken thighs, diced
- 1 lb smoked andouille sausage, sliced
- 2 tsp Cajun seasoning
- 1 tsp smoked paprika
- 1 tsp dried thyme
- 1 tbsp filé powder
- 1 can diced tomatoes (optional)

Instructions

1. In a large stockpot, cook the sliced andouille sausage and diced chicken until browned and cooked through. Remove from the pot and set aside.
2. Make the roux: In the same pot, combine the vegetable oil and flour over medium-low heat. Stir constantly, being careful not to let it burn. Continue cooking until the roux reaches a deep chocolate-brown color and thick consistency. Be patient—this step is key to developing the gumbo's rich flavor!
3. Add the diced onion, green bell pepper, and celery to the roux. Cook for 5–7 minutes until softened, then stir in the minced garlic and cook until fragrant.
4. Slowly stir in the seafood broth, then add the Cajun seasoning, smoked paprika, dried thyme, and filé powder. Return the cooked chicken and sausage to the pot and stir well.
5. Bring the gumbo to a boil and cook for 10 minutes. Reduce the heat and simmer for another 15 minutes to let the flavors develop.
6. Add the shrimp, crab meat, and crab claws or clusters. Simmer until the seafood is cooked through, being careful not to overcook the shrimp.
7. Prepare the okra (optional): In a separate pan, fry the sliced okra until softened. Add the diced tomatoes, if using, and simmer over low heat until tender.
8. Serve the gumbo over cooked rice or alongside homemade potato salad. Stir the okra mixture into individual bowls before serving so everyone can customize their gumbo.