



Seafood Gumbo

1 gallon chicken stock
1 gallon shrimp stock
1 gallon beef stock
½ gallon lobster stock
2 cups roux (see note)
1 teaspoon ground cumin
2 Tablespoons Old Bay
1 Tablespoon onion powder
1 Tablespoon garlic powder
½ teaspoon cayenne pepper
1 Tablespoon paprika
2 Tablespoons Gumbo File (seasoning)
2 bay leaves
3 cups medium diced onions
3 cups medium diced green bell peppers
3 cups medium diced celery
2 cups diced tomatoes
1 pound Andouille sausage
1 pound small scallops
1 pound okra
1 cup chopped green onions
Cooked white rice

Roux: equal parts melted butter and flour. Cook for about 8–10 minutes until it turns a nutty brown color.

In a heavy-bottomed pan (like a Dutch oven), make the roux. Add all vegetables and liquids and let it come to a boil, stirring every few minutes.

Add all seasonings and additional ingredients and let cook for another 35 minutes or until seafood is cooked and is falling apart. Pour over cooked white rice.

Substitutions/additions: shrimp, salmon, crawfish (we use a mix of ingredients)