

Low Country Seafood Gumbo

Submitted by: Ms. Sarah Clifford

Ingredients:

4 cups sliced Cajun-style fresh link sausage
3 cups scallops
1½ pounds fresh peeled shrimp
½ pound crabmeat
2 cups oysters and liquid
2 cups diced tomatoes
4 cups fresh or frozen sliced okra
1/3 cup dried parsley
1 (14½ ounces) can diced tomatoes seasoned with garlic, basil, and oregano
2 tablespoons Worcestershire sauce or soy sauce
2 teaspoons Cajun seasoning
½ teaspoon cayenne pepper
1 teaspoon lemon pepper
1 teaspoon dried basil
1½ teaspoons dried thyme
1 cup chopped green bell pepper
2 bay leaves
1 tablespoon chicken base
4 cups chicken broth
3 cups water
3 large cloves minced garlic
1 cup diced celery
2 cup chopped onion
6 tablespoons all purpose flour
¼ cup oil
file powder

Instructions:

In a large pot combine oil and flour. Cook over medium heat stirring constantly until the roux has browned to a light chocolate color.

Add onion, pepper, celery and garlic. Sauté for 2 to 3 minutes, stirring constantly.

Slowly add chicken broth and chicken base, stirring as you go.

Add water, bay leaves, thyme, basil, parsley, lemon pepper, cayenne pepper, Cajun seasoning, soy sauce and tomatoes.

Cut sausage into ½-inch pieces. Add to pot along with okra. Cover pot and simmer for 1 to 1½ hours, stirring occasionally.

Add oysters, crabmeat, shrimp and scallops. Simmer for an additional 15 minutes.

Serve over hot buttered rice. Sprinkle with file powder on top of bowl and stir in.