

Idiot's Kitchen Recipe – Shrimp & Andouille Sausage Gumbo

Recipe from www.idiotskitchen.com



Ingredients:

Shrimp + Shells for stock (1 ½ pounds shrimp for the gumbo, shells from 3 pounds shrimp for stock)
Andouille Sausage (¾ - 1 pound) cut into ½ rounds
Crab Claw Meat (8 ounces – picked over to remove shells)
Okra (2 cups – frozen is fine)
2 Onions (1 large for gumbo, 1 small for stock)
1 Carrot
5 Ribs of Celery (4 for gumbo, 1 for stock)
1 Green Bell Pepper – chopped
1 Red Bell Pepper – chopped
4-5 Cloves Garlic – chopped
1-2 Green Onions – chopped for garnish
¾ cup Canola Oil (or other light vegetable oil)
¾ cup Flour
½ cup Dry White Wine
1 teaspoon Dried Oregano
1 teaspoon Dried Thyme
1 Tablespoon Cayenne Pepper (more or less to taste)
Dried Bay Leaves
2 teaspoons File' Powder
Salt & Pepper

To make the Shrimp Stock:

Remove the shells from 3 pounds of shrimp (you can use 1 ½ pounds of shrimp in the gumbo and keep the remainder for another recipe OR use saved shrimp shells from the freezer). Heat 2 Tablespoons of Canola Oil in a large pot over medium high heat. Cook the empty shrimp shells in the oil until they are pink and fragrant. Add ½ cup of dry white wine to the shells. Chop 1 small onion, 1 carrot, and 1 rib of celery into 3 or 4 large pieces and add them to the pot. Add 2 dried bay leaves and 10 – 12 cups of water.

Bring the stock to a boil over medium high heat and then reduce the heat to low simmering the stock for 45-60 minutes. After the stock has cooked, remove the large pieces of vegetables and shells and strain the stock to remove any small remaining bits of shell.

For the gumbo:

While the stock cooks, chop 1 large onion, 1 green pepper, 1 red pepper, 4 ribs of celery, and 4-5 cloves of garlic into small dice. Put the vegetables in a large bowl and set aside.

In a large pot over medium to medium low heat, combine $\frac{3}{4}$ cup of Canola Oil and $\frac{3}{4}$ cup of flour stirring to combine to make a smooth roux. Carefully monitor the heat so as not to burn the roux. Cook the roux over LOW heat stirring CONSTANTLY for about 20 minutes or until it is the color of chocolate and smells very nutty and toasty.

Add the chopped vegetables to the dark roux and cook and stir for 5 minutes to coat the vegetables. Add 10 cups of the shrimp stock to the pot and stir to combine all the ingredients.

Add $\frac{3}{4}$ - 1 pound of Andouille sausage cut into half-round, bite sized pieces. Add 1 teaspoon each dried thyme and dried oregano, 2 bay leaves, 1 Tablespoon Cayenne Pepper, and salt and pepper to taste. Bring the gumbo to a boil over medium high heat and reduce the heat to low simmering for 30 minutes.

After 30 minutes have passed, add 2 heaping cups of okra and continue to cook for 15-30 minutes more.

At the end of the cooking time, add the shrimp and the crab meat to the gumbo. Add 2 teaspoons of File' Powder. Cook for 5 more minutes until the shrimp are pink and cooked through. Taste and adjust the salt and pepper seasonings to your liking.

Serve with rice and good Zydeco music!