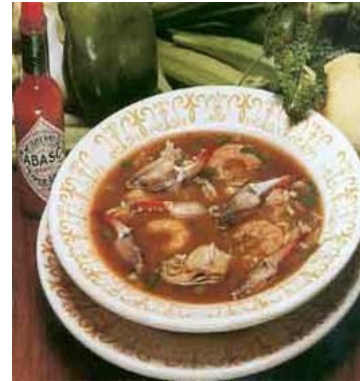


Seafood Gumbo

Ingredients:

1 lb seafood (crawfish tails, shrimp, or crabmeat)
8 C seafood stock
4 Tbsp. roux (dark)
Powdered red pepper
Salt
Gumbo filé
2 medium onions (chopped)
Vegetable oil



Directions:

Prepare seafood stock by boiling the leftovers from seafood such as fish heads, shrimp heads or crab peelings. You may substitute oyster juice or dried shrimp added to water to create a seafood stock.

Seafood gumbo is different in preparation than meats in only one aspect - the browning! We do not pre-cook seafood. Sauté onions and powdered red pepper in vegetable oil. Add seafood stock and roux. Bring to a roaring boil for 5 minutes. Cook down on a medium to low fire for 45 minutes. Season to taste with powdered red pepper, salt and gumbo filé. Serve over rice as a soup.

Yield: 4 servings

Source: "How to Simply Cook Cajun" by J. Richard "Dickie" Breaux