

## **Ingredients**

- 1.5 pounds medium wild-caught Gulf shrimp, heads on
- 1 pounds cooked blue crab claw meat, picked through for shells, handled carefully to keep the meat in big chunks
- 2 large ripe tomatoes
- ¾ cup vegetable oil
- 1/2 cup all-purpose flour
- 1 large onion, coarsely chopped
- ½ bunch celery, coarsely chopped, including leaves
- 1 green bell peppers, coarsely chopped
- 4 cups seafood stock, heated
- 1 to 2 teaspoons sea salt, or to taste
- 1/2 tablespoon freshly ground black pepper
- 1/8 teaspoon cayenne pepper
- 1 tablespoons dried thyme
- 2 bay leaves
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1 tablespoon Creole seasoning
- 2 tablespoons hot sauce
- 1 tablespoons Worcestershire sauce
- 1 pound crawfish tails, thawed
- 1 pound fresh okra, chopped into ¼-inch pieces
- 1 cup finely chopped green onions
- 1/4 cup finely chopped fresh parsley
- 1/4 cup fresh lemon juice
- Cooked white rice, for serving
- French bread and butter, for serving

## Instructions

- TABLE ONE: Slice Okra and set aside. Peel and devein the shrimp. Pick thru crabmeat for shells. Rinse crawfish tails. Refrigerate until ready to use.
- TABLE TWO: Fill a medium saucepan with water. Bring to a boil. Cut an 'X' in the bottom of the tomatoes. Carefully drop the tomatoes into the boiling water and cook for 1 minute. Remove with a slotted spoon and let them cool. The skins will slip off easily. Remove the cores and coarsely chop the tomatoes try to retain as much juice as possible. Set aside.
- TABLE TWO: Measure seasonings, set aside. Make rice.
- TABLE THREE: Chop onion, celery, and green bell pepper. Heat seafood stock.
- TABLE FOUR: To make the roux, in a large stockpot, heat the vegetable oil over medium-high heat. When the oil is hot, gradually add the flour, whisking continuously, and cook, stirring and adjusting the heat as necessary to keep it from burning, until the roux is a dark mahogany color, 25 to 35 minutes. Be careful: if the roux burns, you will have to start all over again!
- TABLE FOUR: Carefully add the onion to the roux and stir with a large wooden spoon for 2 to 3 minutes. Add the celery and cook, stirring continuously, for 2 to 3 minutes. Add the bell pepper and cook, stirring continuously, for 2 to 3 minutes more. The mixture should resemble a pot of black beans in color and texture.
- Add the heated stock and the tomatoes with their juices. Stir in the salt, black pepper, cayenne, thyme, bay leaves, oregano, basil, Creole seasoning, hot sauce, and Worcestershire sauce. Stir well. Bring the gumbo to a boil and cook for 5 minutes, then reduce the heat to maintain a slow simmer. Simmer, uncovered, for about 1 hour.
- Add the okra and bring the gumbo to a boil. Cook for 5 minutes. Reduce the heat to maintain a slow simmer and cook, uncovered, for 30 minutes, or until the okra has lost its bright green color and cooked down like the other vegetables. Add the green onion, parsley, and lemon juice to the gumbo. Cover and cook for 15 minutes. Add the shrimp, crawfish and crabmeat, mix well, and cook for 2 minutes. Cover and turn off the heat. Let it sit for at least 15 minutes more to cook the seafood. The gumbo will stay hot for a long time. Remove and discard the bay leaves. Taste and adjust the seasonings; serve over cooked white rice with French bread and butter.