



*"This is my most-sought-after recipe. Nobody takes a cooking class in New Orleans from me without learning how to make gumbo," says Poppy. Serve this classic Creole dish over cooked rice.*

*Tip: If you can't find "gumbo crabs" (small blue crabs), use two regular-size blue crabs or 12 ounces of claw or lump crabmeat. And you can use thawed frozen okra (two 10-ounce packages) instead of fresh.*

## Seafood Gumbo

2 lb. shrimp, shell on  
1 onion  
1 bunch scallions  
4 qt. water  
 $\frac{3}{4}$  cup vegetable oil  
2 lb. okra, cut crosswise into  $\frac{1}{4}$ -in. slices  
1 cup flour  
3 stalks celery, chopped  
1 green bell pepper, chopped  
4 "gumbo crabs"  
1 can (28 oz.) crushed tomatoes  
2 Tbsp. dried thyme  
1 bay leaf  
1 clove garlic  
Salt and pepper  
Hot sauce



1. Shell and devein the shrimp, peel the onion, and cut the green tops off the scallions. In a stockpot, combine the shrimp shells, onion skin and scallion tops. Cover with the water, bring to a boil and cook for 20 minutes. Strain the shrimp stock and discard the solids.
2. Chop the onion and scallions, and set aside separately.
3. In a large skillet, heat  $\frac{1}{4}$  cup of the oil until very hot. Add the okra and cook until lightly browned, about 5 minutes.
4. Meanwhile, in a large (10- or 12-quart) Dutch oven or soup pot, stir together the remaining  $\frac{1}{2}$  cup oil and the flour. Cook over medium-low heat, stirring, until the mixture (the roux) is the color of milk chocolate, 6 to 7 minutes. Add the onion and cook, stirring, until the roux darkens to the color of bittersweet chocolate, about 10 minutes.
5. Add the celery and bell pepper, and cook for 5 minutes. Add the okra, gumbo crabs, tomatoes, thyme, bay leaf and reserved shrimp stock. Add the garlic, and salt and pepper to taste. Simmer for at least 45 minutes.
6. Ten minutes before serving, stir in the shrimp and scallions. Discard the bay leaf and season with hot sauce to taste.

Makes 12 servings

Total time: 2 hours

Per serving (without rice): 271 calories, 15 g fat, 20 g carbohydrates (4.6 g fiber), 17 g protein, 243 mg sodium

