

Seafood Andouille Gumbo

<http://userealbutter.com/2010/04/26/seafood-andouille-gumbo-recipe/>
modified from Fine Cooking issue #90: Poppy Tooker's Seafood Gumbo

1.5 lbs. medium shrimp with shells on (or 2 lbs. medium shrimp with heads on)
2 cups onion, medium dice (about 1 large onion, reserve the skin)
1 cup celery, medium dice (2-3 stalks, reserve the trimmings)
1/4 cup + 6 tbsps vegetable oil
1 lb. fresh or frozen (thawed) okra, sliced 1/4-inch thick (about 4 cups)
1/2 cup flour
1 cup green bell pepper, diced
1 cup canned crushed tomatoes
1/2 lb. fresh or pasteurized lump crabmeat
1 tbsp dried thyme
1 bay leaf
2 tsps kosher salt
1 tsp black pepper, freshly ground
8 oz. andouille sausage, diced (here Poppy calls for shucked oysters, but I didn't have them and I prefer andouille – thus the substitution)
1/2 cup green onions, thinly sliced
Louisiana-style hot sauce, to taste
1/4 cup hot cooked white rice per serving (I used short-grain brown rice)

Shrimp Stock: Peel the shrimp (remove heads and devein as necessary). Place the shrimp in the refrigerator until you are ready to use them. Combine the shrimp peels and heads with the onion skin and celery trimmings in a large pot. Cover with 9 cups of cold water over high heat and bring to a boil. Reduce to an active simmer and let cook uncovered for 10 minutes. Strain and reserve the broth (about 2 quarts).

Okra: Heat 1/4 cup of vegetable oil in a wide sauté pan. Sauté the okra until the edges become lightly browned (about 3-5 minutes). Let them sit for the first two minutes or so until they brown, then start tossing them over to brown evenly. Drain of any extra oil and set aside.

Andouille: In the same pan as you used for the okra, heat the sausage on high and stir around until the sides have browned. Remove to a bowl and set aside.

Heat 6 tablespoons of vegetable oil in a large pot or Dutch oven. When it's hot, add the flour and stir with a wooden utensil or heatproof spatula until the roux becomes caramel colored. This takes about 5 minutes. Toss in the onions and stir until the mixture becomes chocolate brown in color (mine never achieved this color – it was more like light brown). Add celery, pepper and cook for another 5 minutes or until soft. Pour in the shrimp stock, okra, tomatoes, thyme, bay leaf, salt, pepper, and andouille. Reduce heat to a simmer and let simmer uncovered for 45 minutes. Five minutes before serving, stir in the shrimp, the lump crabmeat, and green onions. Add hot sauce, salt, and pepper to

taste. Spoon gumbo over 1/4 cup of cooked rice per serving. Makes 3 quarts. Serves 6 to 8.