
Crawfish Gumbo

Gumbo Ingredients

8 - 10 T roux
1 medium onion, chopped
3 cloves garlic, crushed
1 T green onion tops
3 C fresh okra
2 T oil
1 medium onion, chopped
1 C whole tomatoes, crushed
2 quarts crawfish stock
1 bay leaf
1 t salt
1 T Cajun seasoning
1 - 2 pounds crawfish tails
1 T parsley

Crawfish Stock Ingredients

Crawfish carcass
1 medium onion
1 T Cajun seasoning
2 cloves garlic
1 stock celery
2 - 3 bay leaves
2 T oil

Topping Ingredients

White rice
Gumbo filé
Hot sauce

Procedure

Stock: Place carcasses in large stock pot and cover with cold water. Add all other ingredients. Bring to a boil over high heat, then simmer 4 - 8 hours. Add more water as needed. Remove shells with slotted spoon. Strain broth through cheesecloth. Refrigerate or freeze until needed. **Gumbo:** In black skillet make dark roux with equal amounts of flour and oil. To roux add 1 chopped onion and crushed garlic and continue cooking until onion is limp. Add green onion tops and continue to cook, about 10 minutes. Set aside. Wipe and cut okra in thin round slices. Smother in 2 tablespoons oil with 1 chopped onion. Cook for 30 minutes, stirring occasionally, then add

tomatoes (well crushed). Stir well and continue cooking until okra is smothered. Put stock in large pot; add bay leaf, salt and Cajun seasoning. Slowly add okra. Very slowly add roux mixture. Cook until thick. Add more roux, if needed. Add crawfish. Cover and cook on low 30 minutes. Add parsley before serving. Serve over cooked white rice. Add filé and hot sauce to each bowl. **Note:** The secret to my gumbo is that I do not cut the stock. Most recipes for gumbo calls for adding water to the stock. I do not. **Special Note:** It is a New Orleans tradition to kiss the cook if you get a bay leaf in your bowl. Of course I put LOTS of bay leaves in my gumbo!

