

Junior Barbour Seafood

Shrimp and Crabmeat Gumbo

INGREDIENTS

4 qts Chicken broth
The San Souci Trinity (3 cups diced celery, 3 cups diced onion, 2 cups diced bell pepper)
2 Tbs Zatarain's crab boil (or to your taste)
2 Tbs Tony Chachere's Creole Seasoning
6 Chicken Bouillon cubes
1 ½ Cups of sliced okra
1 Tbs minced garlic or garlic powder
Kitchen Bouquet (as desired)
2 Tbs File
5 lbs Claw Crabmeat
10 lbs Peeled Gulf Shrimp

ROUX INGREDIENTS

2 Cups Flour
2/3 to 1 Cup of Crisco or Wesson Cooking Oil

ROUX DIRECTIONS

Using an iron skillet, mix flour and oil together and brown flour to the color of a penny.

In a separate skillet, sautee the San Souci Trinity ingredients until translucent.

In a large pot, add 4 qts of chicken broth and cook on medium heat.

Slowly incorporate the roux into the chicken broth. Add 2 Tbs Zatarain's crab boil. Add 2 Tbs Tony's seasoning. Add okra. Add Bouillon cubes. Add the sautéed Trinity and more broth if needed. Cook for about 30 minutes. At this point you can add the kitchen bouquet to obtain desired color.

Add 10 lbs peeled shrimp. Add minced garlic or garlic powder.

*Add dissolved file.

Continue to cook for 25 minutes.

Add 5 lbs claw crabmeat (make sure to check over the crabmeat for bones before adding). Continue to cook for 15 minutes. Add salt/pepper to taste.

Turn off fire.

- For the best tasting gumbo, Junior Barbour recommends the following: Dissolve 1 Tbs of file with 1 cup of chicken broth. Add this to the pot when adding the shrimp.
- Dissolve 1 Tbs of file with 1 cup of chicken broth (more broth if needed) and add this when you finish the gumbo and turn off the fire.

Serve over bed of rice.