

Seafood Gumbo

REF:

Serves: 6

Cuisine: Cajun

Preparation time: 15 Minutes

Cooking time: 40 Minutes

Ingredients:

120ml	Vegetable oil
50g	Flour
6 cloves	Garlic, chopped
4 stalks	Celery, chopped
1	large onion, chopped
1	Green pepper, chopped
2L	Fish stock
1 tbsp.	Worcestershire sauce
½ tsp.	Cayenne pepper
2	Bay leaves
900g	Large prawns, peeled and deveined, tails off
450g	White crabmeat
75g	Parsley, chopped
120ml	Fresh lemon juice
5	Spring Onions, chopped
Salt and freshly ground black pepper	

Method:

1. Heat the oil a large pot over a high heat and sprinkle in the flour and make a dark roux.
2. Add the garlic, celery, onions, and pepper.
3. Cook for 10-12 minutes until soft.
4. Add the stock, Worcestershire sauce, cayenne, bay leaves and salt and pepper. Bring to a boil.
5. Reduce the heat to medium. Continue to cook, stirring occasionally, until slightly thickened for around 25-30 minutes.
6. Add the prawns and crabmeat. Cook until the prawns are pink for 3-5 minutes.
7. Stir in the parsley, lemon juice, and spring onions.

To Serve:

Great with White Rice.

Chef's Notes:

Picture in the website Gallery.