



## Recipes

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### Seafood Gumbo

Serves 1

#### Ingredients:

1 Tbsp. Cajun Spice  
8 oz. 51/60 Tiger Shrimp , peeled and deveined  
8 oz. Bay Scallops  
8 oz. Crawfish or Crabmeat  
9 oz. Andouille Sausages , minced  
12 oz. Sweet Yellow Onions , minced  
8 oz. Green Bell Peppers , small dice  
6 oz. Celery , minced  
1 Tbsp. Fresh Garlic , minced  
5 oz. Vegetable Oil  
6 oz. All Purpose Flour  
36 oz. Vegetable Stock  
1 oz. Fresh Parsley , chopped  
3 oz. Green Onions , thinly sliced  
1/2 tsp. Cayenne Pepper Sauce  
1/2 tsp. Black Pepper  
8 oz. Okra , thinly sliced

#### Directions:

1. Season shrimp and scallops with Cajun seasonings.
2. Heat 2 ounces of vegetable oil in large saucepan over medium heat.
3. Add minced andouille sausage and cook until lightly golden brown. Add seasoned shrimp and scallops and cook until just opaque. Remove sausage and seafood from pan with slotted spoon. Set aside and keep warm.
4. Add 3 more ounces of vegetable oil and whisk in flour.
5. Lower heat to low/medium-low, whisking flour and oil frequently until reddish brown in color, approximately 30-45 minutes.
6. Add in onions, peppers, garlic and celery and sauté until translucent. Add spices.
7. Add in okra and gradually whisk in hot stock. Increase heat and bring to a boil and then reduce to a simmer.
8. Add in sausage, shrimp, scallops and crawfish and continue simmering 20-30 minutes.
9. Finish with fresh parsley and green onions.