



LIZ H'S  
BRAINSTORM-IN-A-BOWL

# Louisiana GUMBO

*"The key to this recipe is getting the roux right, which takes a little patience and a lot of whisking. But the rich, savory, complex flavor is so worth it! I swear I feel a little more creative after I eat this gumbo!"*

— Liz H, Creative Team

YIELD: 8-10 servings

## INGREDIENTS

- 2 large onions, diced
- 2 celery stalks, diced or thinly sliced
- 1 red bell pepper, seeded and diced
- 1 green bell pepper, seeded and diced
- $\frac{3}{4}$  cup vegetable oil
- $\frac{3}{4}$  cup flour
- 2 bay leaves
- 1 tbsp kosher salt
- 2 tsp ground white pepper
- 1 tsp cayenne pepper
- 2 tsp ground black pepper
- $\frac{1}{2}$  tsp dried thyme
- $\frac{1}{2}$  tsp dried oregano
- 6 cloves garlic, minced
- $\frac{1}{2}$  lb fresh okra, sliced into rounds (optional)
- 1 lb andouille sausage, sliced into half-moons
- 6 cups shrimp, fish, or vegetable stock
- 2 lbs shrimp peeled, deveined
- Cooked white rice

## MATERIALS

- Large cast iron skillet
- Large stockpot
- Whisk
- Spoon
- Ladle

## INSTRUCTIONS

1. In a large, heavy skillet, heat vegetable oil until it just barely begins to smoke. Gradually whisk in the flour and cook over medium-high heat, whisking constantly until the roux is dark brown and very fragrant. (If it burns, you gotta start over!)
2. Add onions, celery and bell peppers, stirring with a wooden spoon. Cook for 2-3 minutes, then add your salt, dry seasonings, bay leaves, and minced garlic, stirring and cooking for another 2-3 minutes. Remove pan from heat and set aside.
3. In a large stockpot, bring your stock to a low boil. Gradually whisk your roux, vegetable and seasoning mixture into the boiling stock. Keep stirring until everything is well combined. Bring back up to a boil, add the andouille sausage and okra, lower to a simmer, and cook uncovered for 15-20 minutes.
4. Taste and adjust the seasonings to your preference, then add the shrimp, cover the pot and turn off the heat. After 5 minutes, the shrimp will be cooked from the residual heat.
5. To serve, ladle gumbo into bowls over a scoop or two of plain cooked rice.

### THE TRINITY

The foundation of most Cajun dishes (gumbo, jambalaya, crawfish etouffee, shrimp Creole) starts with what we call "the trinity." Onion, celery, and bell peppers are diced, sauteed in oil or butter, or simmered in a roux. Something magical happens when these three vegetables come together as the base for your recipe!