

# Gumbo - Red (Creole)

March 13th, 2019

**This recipe serves: 6**

Prep Time: 00:30

Cook Time: 01:00

Gumbo is typically a "peasant dish" meaning that it is constructed with whatever you have on hand. With one exception: the word "Gumbo" is said to come from an old African word for Okra. As a result, true Gumbo should always include Okra. There are a few different types of Gumbo. This recipe will focus on Creole Gumbo and would traditionally include seafood and tomatoes. For a more spicy, darker colored Gumbo, try Cajun Gumbo.

## Ingredients:

Olive Oil or Butter

1 White Onion, diced

Celery, diced

Green Peppers (2 Jalapeno, 1 Poblano, and 1 Green Bell Pepper), remove seeds and pith and then dice.

1 Red Bell Pepper, diced

1 Yellow or Orange Bell Pepper, diced

3 Garlic Cloves, minced

2 oz Cilantro, chopped

1 pound Fingerling Potatoes or New (Red) Potatoes, diced

1/2 stick Unsalted Butter

1/4 Cup All-Purpose Flour

8 oz Okra, diced

16 oz Seafood, or Chicken, or Rabbit, or whatever, cut into bite-sized pieces.

12 oz to 16 oz Andouille Sausage or Kielbasa, cut on the bias into bite-sized pieces.

3 Roma Tomatoes, diced

16 oz chicken or vegetable stock

1 Tablespoon Marmite (optional)

32 oz Water

Salt - to taste

## The Rice

2 Cups Basmati Rice

Water (follow instructions on the Rice package)

1/4 Cup All-Purpose Flour

Olive Oil

## Directions:

Use the following ratio: 3 parts onion, 2 parts celery, and 1 part Green Peppers

In a large saucepan, add the oil and sweat the onions, then add (and sweat) the celery

Mix in the green peppers and the garlic

Reduce the heat and continue to stir for another 3 minutes

Add the cilantro and continue to stir for another minute

Set aside in a bowl.

If using full potatoes, dice into bite-sized pieces.

Add the potatoes to a pot of cold water. Heat until boiling.

Par-boil the potatoes for 5 minutes.

Set aside the potatoes.

Melt butter in a large stockpan.

Add Flour. Mix until fully incorporated.

Reduce heat and continue to cook, stirring constantly until the roux turns dark red

## A note on roux:

**Creole Gumbo** utilizes Roux that is dark red. A red roux will provide some thickening and also improve the flavor.

### **Cajun Gumbo**

utilizes Roux that is a darker brown, about the color of milk chocolate. The darker your roux gets, the more the gluten will break down. Roux that is the color of milk chocolate will not do much to thicken the Gumbo, but it will add a strong "nutty" flavor.

Dissolve the Marmite into the Water.

Add the Stock and the Water to the pot. Continue to mix until fully incorporated.

Bring to a low boil, then reduce the heat.

Add the potatoes, celery and pepper mix, the diced tomatoes, the Bell Peppers, and the Meat

Stir and simmer on low heat for about 20 minutes to ensure that the meat is fully cooked. Add Salt.

### **The Rice**

Prepare the Rice according to the instructions on the Rice package.

After the Rice is fully cooked, sprinkle with 3 Tablespoons All-Purpose Flour.

Use your hands to fully integrate the Flour into the Rice.

Form the Rice into individual patties, about the size of a hamburger patty.

Place a saute pan over medium heat.

Add a Teaspoon of Olive Oil to the pan and heat until it begins to shimmer.

Carefully place each Rice Patty in the pan so that they are not touching each other.

Fry the Rice Patties for 3 minutes.

Flip each Patty and fry for another 2 minutes.

Serve a Rice Patty in a bowl. Cover with Gumbo.