



## Rick's Rocking Gumbo

*Don't let the length of the recipe discourage you. This is the best gumbo I've ever eaten and easy to make.*

### Shrimp Stock

- 2 pounds large shrimp, with heads and tails
- 1 medium yellow onion, halved
- 2 bay leaves
- 1 tablespoon thyme
- ¼ teaspoon cayenne (1/8 tsp. for less heat)
- 2 tablespoons Old Bay seasoning
- 2 lemons halved and squeezed (I use 4 tablespoons lemon juice)
- 2 ½ quarts cold water (I use 1 ½ quarts water and 1 quart chicken stock)

### Gumbo

- 1 stick butter (1/2 cup)
- ½ cup sprouted wheat flour
- 2 medium yellow onions, chopped
- 2 celery stalks, chopped
- 1 green bell pepper, chopped
- 4 garlic cloves, finely chopped
- 1 1-lb. bag of frozen sliced okra (or fresh)
- 1 teaspoon sea salt (I use 1 ½ teaspoons)
- ¼ - ½ teaspoon cayenne pepper (1/8 tsp. for less heat)
- ½ teaspoon Old Bay seasoning
- 1 15-oz. can diced tomatoes, drained
- 3 bay leaves
- 1 tablespoon thyme
- 1 tablespoon gumbo file'
- 2 quarts shrimp stock
- 2 pounds peeled raw shrimp
- 1 pint raw oysters
- 2 lbs. frozen crawfish tails (I use 8 oz. lump crab meat and 1 ½ lbs. raw grouper, cut into cubes)
- 1 lb. smoked sausage, sliced
- 4-6 cups cooked sprouted brown rice
- Lots of chopped green onions and flat-leaf parsley (to sprinkle on top)



### **To make shrimp stock:**

Peel the shrimp and toss the heads and tails into a large stock pot. Refrigerate the peeled shrimp until ready to put into the gumbo. Add the onion, bay leaves, thyme, cayenne pepper, Old Bay and lemons (or juice) to pot. Cover with 2 ½ quarts water (or water and stock), allow the liquid to slowly come to a boil, then lower the heat. Gently simmer for 45 minutes uncovered, skimming any foam off that rises to the top of pot. Strain the stock into another pot to remove the chunky solids. At this point you should have about 2 quarts of broth to use in the gumbo. Cool until needed.

### **To make the gumbo:**

You must start with a roux base, so melt the butter over medium-low heat in a large Dutch oven or other heavy bottomed pot. Add flour, stirring constantly with a wooden spoon or whisk, to prevent lumps. Cook the roux until it is the color of walnuts, and smells equally nutty. This should take about 5-7 minutes. Add the onions, celery, bell pepper, garlic and okra, and season with salt, cayenne and Old Bay. Mix in the tomatoes, bay leaves and thyme, and cook for about 5 minutes, stirring until the vegetables are soft. Pour in the cooled shrimp stock and stir until mixture is well blended. Bring the mixture to a boil, add sliced sausage, and reduce heat to simmer for 45 minutes, stirring occasionally, until the gumbo darkens slightly and thickens. Toss in the shrimp, oysters, and crawfish tails (or crab and grouper). Cook another 10-15 minutes and taste. If seasoning needs to be adjusted, do so now.

### **To serve:**

Ladle the gumbo into a shallow bowl and pile rice in the center. Sprinkle with gumbo file, green onions and parsley. Enjoy with lots of crusty French bread, butter and hot sauce at the table.