

Sip, Slurp and Savour ...

# Southern Accent's Seafood Gumbo

## Spice Ingredients

- 1 ½ tsp. cayenne
- 1 ½ tsp. paprika
- 1 tsp. salt
- ½ tsp. white pepper
- ½ tsp. black pepper
- ½ tsp. dried thyme
- ½ tsp. dried oregano
- 1 bay leaf, crumbled

## Ingredients

- ½ lb. medium shrimp
- ¾ cup butter
- 2 cups onion, chopped fine
- 2 cups celery, chopped fine
- 2 cups green pepper, chopped fine
- 2 tbs. file powder
- 1 tsp. minced garlic
- 1 cup Andouille in dabloon size\*
- ½ cup smoked ham in cubes
- 1 ½ cups plumtomatoes crushed
- 5 cups seafood stock
- 1 ½ cups crab meat, packed
- 12 oysters, shucked with juices



[soupalicious.ca](http://soupalicious.ca)

## Method:

1. Combine spices and set aside.
2. Peel shrimp, rinse, drain well and refrigerate, using heads and shells in stock.
3. In 4 quart pot melt the butter, add the onions, celery, green pepper.
4. Turn heat to high, add file powder, garlic and combined spices, and cook for 6 minutes stirring constantly.
5. Reduce heat to medium, add roasted ham, Andouille and tomato sauce.
6. Continue to cook for 5 minutes, stirring constantly. Be sure to keep scraping the pan bottom as the mixture thickens.
7. Add the seafood stock, bring to a boil, reduce heat.
8. Simmer 30 minutes stirring occasionally.
9. Add shrimp, crab meat, oysters, cover and turn off heat.
10. Leave the pot covered until the seafood is poached, about 6 to 10 minutes.
11. Serve immediately on 1/3 cup of cooked herbed rice per a serving of 1 cup of gumbo.

\* Note Dabloon are 1/4 " round

**This recipe yields 8 servings.**



Recipe courtesy of Southern Accent  
595 Markham Street, Toronto.

[www.southernaccent.com](http://www.southernaccent.com)

*For more information, visit [www.growarow.org](http://www.growarow.org)*