

World Championship Seafood Gumbo Recipe

Ingredients:

- 5 quarts water
- 1 quart shrimp stock
- 1 teaspoon of crab boil mix
- 1 ½ cups light oil-based roux (available prepared at grocery stores)
- 1 large can of tomatoes (mashed with juice)
- 1 8oz can of tomato sauce
- 1 or 2 large onions (chopped)
- 1 cup green onions (chopped)
- 2 or 3 stalks of celery (chopped)
- ½ cup parsley (chopped)
- 4 pounds raw Louisiana shrimp (peeled, de-veined and seasoned)
- 1 pound of Louisiana crabmeat
- 1 quart of Louisiana oysters with juice
- (2) 1 pound containers of Louisiana crab fingers
- Salt and Red pepper to taste
- Rice (prepared)

Method of Preparation:

Peel and de-vein shrimp. Put raw shrimp aside. In pot add shrimp peelings to 1 quart of water and boil 15 to 20 minutes. Remove peelings and throw away. Put stock to the side.

Sauté onions and celery in roux until cooked. Add in can of tomatoes, can of tomato sauce, 5 quarts water, shrimp stock and crab boil. Cook 1 ½ hours. Add shrimp, crabmeat, crab fingers and oysters with juice. Season to taste with salt and red pepper. Add green onions and parsley. Let boil until seafood is cooked (approximately 20 minutes).

Serve over Louisiana rice and enjoy.

Makes about 8 quarts.