



ZADEE'S™ CHICKEN & SHRIMP OKRA GUMBO


gumbo

LafayetteTravel.com/Gumbo

Compliments of: Yvette Shelvin

ZADEE'S™

Chicken & Shrimp Okra Gumbo

Ingredients:

- ½ c** Vegetable Oil
- 3 lbs** Fresh Okra, Chopped
- 6 c** of Water or Shrimp Stock
- 3 tbsp** Roux
- 1** Onion, Chopped
- 1** Red Bell Pepper, Chopped
- 1** Green Bell Pepper, Chopped
- 1 c** celery Stalk, Chopped
- 2 lbs** Chicken Breast, Chopped
- ½ Box** of Savoy's Sausage
- 3 lbs** Shrimp, Peeled, Cleaned & Deveined
- 1** Small Bag Powered Shrimp Salt & Pepper to Taste

Okra:

Pre-heat oven to 350° in preparation for smothering okra.

Place ¼ cup of vegetable oil in medium sized pot over medium heat.

Once oil is heated add okra to the pan and stir as to cover the okra with the oil.

Sauté for three to five minutes, stirring consistently before placing in the pre-heated oven.

Stir okra every 15 -20 minutes for two hours.

In large pot start water or shrimp stock on a low boil.

Roux:

- 1 c** Flour
- 1 c** Vegetable Oil

Mix equal parts flour and vegetable oil in a cast iron skillet continuously stirring on medium heat until you reach the desired color of roux. Depending on your preference of darkness the roux will take anywhere from thirty minutes to an hour. Once you have reached the color of roux you desire turn off heat. Continue to stir until the skillet cools. Once the skillet has cooled set aside for later. Store any leftovers in a mason jar.

Add 3 tbsp of roux to the low boiling water one spoonful at a time until dissolved.

Cook for 20 minutes.

Add onion, bell peppers and celery to gumbo stock.

Cook for another 20 minutes.

Season chicken with salt and pepper to taste.

Use remaining ¼ cup of oil to pan fry chicken on all sides until golden brown.

Add pan fried chicken to gumbo stock.

Cut Savoy's sausage into ¼ inch medallions and add to gumbo stock.

Simmer for 15 minutes.

Add oven smothered okra, shrimp and powdered shrimp to gumbo stock.

Let simmer for 10 minutes.

Season gumbo with salt and pepper to taste and serve over rice.



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