

# A Kettle Of Cuddle



Photo courtesy Louisiana Office of Tourism

## Louisiana Creole Seafood Gumbo.

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(NAPSA)—Warm, savory, hearty ...Louisiana seafood gumbo is the ultimate comfort food. And no wonder, its origin is a rich African stew, melded by gombo or okra, and served for in-gatherings.

So, bring your loved ones together with authentic Creole seafood gumbo. This is slow cooking at its best, a one-dish meal prepared traditionally and lovingly. For a true Creole flavor use only the freshest vegetables, herbs and seasonings. It goes without saying that only Louisiana seafood will give you a dining experience that made Creole cooking famous.

As with any Creole sauce or stew, you start with a *roux*. Actually, that's *roux beuree* or French red brown butter. What follows is always a lovely blend of African vibrancy, Native American nuance and Spanish zest, the founding influences of Louisiana Creole cooking.

Warm up your home with Louisiana seafood.

### Creole Seafood Gumbo

**1½ cups oil**  
**1½ cups flour**  
**3 cups scallions, chopped**  
**2 cups yellow onion, chopped**  
**5 cloves garlic, chopped**

**1 tsp. dill weed**  
**4 bay leaves, whole**  
**Cayenne pepper to taste**  
**3 lbs. Louisiana shrimp,**  
**31-35 count, peeled**  
**3 qts. water, hot**  
**1 lb. Louisiana blue crab**  
**claw meat**  
**1 lb. Louisiana lump blue**  
**crab meat**  
**1 pt. Louisiana oysters,**  
**reserving liquid**

**In large heavy pot over low flame, brown flour in oil, stirring constantly, until golden brown. Add vegetables, herbs and seasonings; gently stir until vegetables are soft.**

**Add shrimp and simmer until pink. Pour in hot water and reserved oyster liquid; blend carefully. Add claw crabmeat and cook over medium heat approximately 45 minutes. Add lump crabmeat and oysters. Cook until oyster edges curl, about 5 minutes. Ladle gumbo over rice in soup bowl. Serves 12.**

For award winning recipes from the Gumbo Capital of the World, as proclaimed by the 1973 Louisiana governor, go to [www.LouisianaSeafood.com/Gumbo](http://www.LouisianaSeafood.com/Gumbo). You'll also find more there on Creole cooking made simple.