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Shrimp and okra gumbo

To prepare a rich Seafood Gumbo, begin by preparing the ingredients. This includes gathering 6 cups of beef stock, 1/2 cup of dry sherry, 3 tablespoons of all-purpose flour, and other key components. For the roux, combine butter and vegetable oil with flour in a Dutch oven over medium heat. Stir constantly for 30 minutes to achieve the desired color, which will add depth to the gumbo. Next, cook sliced Vidalia onions in the same pot until they reach a caramelized brown color, stirring frequently for about 45 minutes. Then, add garlic and thyme bundle, cooking for an additional minute. After preparing the roux and cooking the onions, combine ale, sherry, and stock with the onion mixture. Stir occasionally and let it simmer until the liquid thickens. Finally, discard the thyme bundle and proceed to assemble the gumbo in broiler-safe bowls topped with toasted bread slices and shredded cheese. Remaining butter melt in large pot over medium heat. Add flour and cook for 30 minutes or till dark brown color. Keep heat at medium-low. Onion, bell pepper, and celery added; cook and stir often for 8 minutes. Garlic follows for 2 minutes. Tomatoes, stock, bay leaves, salt, Creole seasoning, hot sauce, thyme, white pepper, okra, crab meat, parsley, shrimp, and oysters then brought to a boil, then simmered. Simmering time is 45 minutes without lid. Shrimp cooked for 2 minutes till mostly pink. Oysters done when edges curl up after 2-3 minutes. Frozen or fresh okra can be used. For nutrition info, calories: 418kcal | Carbohydrates: 26g | Protein: 29g | Fat: 22g | Saturated Fat: 15g | Cholesterol: 188mg | Sodium: 1457mg | Fiber: 4g | Sugar: 5g. This corn chowder is a hearty dinner option for late spring to summer when corn is at its best. Sweetness of corn balanced with shrimp, heavy cream, and baby red potatoes. Use the right size shrimp for recipe; medium-size are best for soups. Make this quick shrimp and corn chowder in 35 minutes. Add cooked shrimp to the cream-based soup and stir well. Serve into bowls and garnish with chives. To give this quick chowder a twist, consider these variations: Add heat by incorporating red pepper flakes or cayenne pepper for an extra kick. Top it off with crispy bacon bits or add some chopped herbs like parsley, cilantro, or thyme. If you prefer, swap the shrimp for shredded chicken or other protein sources. This creamy soup doesn't require much when it comes to serving, just pair it with crusty bread and a side salad for a hearty meal. You can prepare this soup up to three days in advance, storing it in an airtight container in the refrigerator and reheating it on the stovetop until hot throughout before serving. Fresh okra forms the core of this hearty Cajun-style Shrimp Okra Gumbo, which also incorporates vegetables, seafood and spices to create an authentic Creole dish that's sure to please. The recipe relies on vegetable oil for cooking okra, other veggies, and eventually shrimp in a stockpot or Dutch oven. Key ingredients include garlic, salt, red cayenne pepper, chicken broth, and shrimp. A special seasoning blend is also used to enhance the flavors of the gumbo. Okra can be prepared using different methods such as frying, boiling or smothering, making it a versatile ingredient. Okra and Shrimp Gumbo: A Delicious Twist on a Classic Recipe Gumbo lovers, rejoice! This Shrimp Okra Gumbo recipe offers a tasty alternative to traditional gumbo options. You can customize it with crab meat or chicken, making it a perfect dish for any occasion. The beauty of this recipe lies in its flexibility and speed, as you can prepare the shrimp and okra mixture in just 30 minutes, then let it simmer for another hour. While some might wonder if there's a substitute for okra in gumbo, the answer is yes - but using roux instead of smothered okra creates a different flavor profile. Freezing okra is also an option, and when cooked with vegetables, it adds a rich caramelized texture to the dish. Okra enthusiasts will appreciate its versatility, from cooking it raw for a sweet treat to simmering it in gumbo. The younger okras are more tender and less fibrous, making them ideal for this recipe. To make this Shrimp Okra Gumbo, start by cooking the oil and adding okra, which takes about 30 minutes to brown and cook down. Next, add onions, bell peppers, celery, and tomatoes, then stir in garlic. Season with salt, red cayenne pepper, and Cajun seasoning before simmering the shrimp and okra mixture. To make this gumbo even more convenient, prepare smothered okra ahead of time and store it in the refrigerator or freezer. Before adding shrimp, remove any shells and black veins for a safe and delicious meal. This recipe is perfect for those who want to try something new while still enjoying traditional gumbo flavors. With its ease of preparation and rich flavor profile, you'll be hooked from the first bite! Jessica Dupuy's family recipe for Shrimp and Okra Gumbo, featured in her cookbook United Tastes of Texas, showcases a Cajun favorite with a unique twist. Unlike traditional gumbo, which relies on a dark roux for its color, this version uses okra to achieve the same effect while adding flavor and nutrients. In an interview, Dupuy explains that her grandmother's recipe, passed down from Houston, is a beloved family tradition. "Some may argue that it's not true gumbo without a roux," she says, "but my grandmother calls it Shrimp and Okra Gumbo, so I'm sticking to that." The dish combines the richness of okra, shrimp, and diced tomatoes with a hint of spice from Creole seasoning. To make this Louisiana classic, cooks need 1 cup canola oil, 1¼ cups plus 2 tablespoons all-purpose flour, 2½ pounds sliced okra, and various spices. A large Dutch oven is heated over medium-high heat, where the oil and flour are whisked together to form a milk chocolate-colored roux. The okra, onion, bell pepper, celery, and garlic are added, cooked for about 10 minutes, then simmered with Shrimp Stock, hot sauce, Worcestershire sauce, Creole seasoning, bay leaves, and cayenne. After at least 45 minutes of cooking, the tomatoes, filé powder, and shrimp are added. The gumbo is served over hot cooked rice, garnished with sliced green onion if desired. This one-dish dinner is sure to impress guests with its rich flavors and hearty portions. In a related article on Louisiana Cookin', Chef Meg Bickford shares her own recipe for Shrimp Gumbo, using okra instead of roux to create a delicious and healthy dish. The recipe includes sliced okra, vegetable oil, chopped tomatoes, onions, celery, salt, cayenne, bay leaves, thyme, water, and medium shrimp. According to the dictionary definition, jambalaya is a rice dish cooked with various meats and seafood, seasoned with herbs. However, in Louisiana, opinions on what truly constitutes jambalaya vary widely, making it a topic of lively discussion among food enthusiasts. Given article text here "Unlike gumbo or cornbread, there's no one 'right' way to cook jambalaya – it's all about personal preference. While some add tomatoes for an extra Creole kick, others stick to traditional Cajun flavors. The debate even extends to celery: some swear by its presence, while others say it's a no-go. But one thing everyone can agree on is that this quick and easy jambalaya recipe is a crowd-pleaser. Starting with flavorful sausage and a classic trinity of onion, celery, and pepper, this dish comes together in under an hour. Feel free to customize by using leftover turkey or chicken - and don't worry about meal planning stress during the holidays. Simply make a big batch, freeze it, and reheat when you're ready for a delicious and comforting meal."