

Compliments
of
MARGARET PORPORA

GUMBO SHOP

"Gumbo and Creole Cuisine"

630 St. Peter Street New Orleans

GUMBO RECIPE

- 6 Crabs
- 1 Pound Shrimp
- ¼ Pound Ham
- ½ Can Tomato Paste
- 1 Quart Water
- 2 Quarts Chicken
or Turkey Broth
- 2 Sprigs Parsley
- 1 Large Onion
- 1 Large Bell Pepper
- 1 Cup Diced Celery
- 1 Bay Leaf
- ⅛ Teaspoon Thyme
- 2 Teaspoons Salt
- ½ Teaspoon Pepper (Black)
- 1 Tablespoon Shortening
- 2 Tablespoons Flour
- ½ Teaspoon File´
- Salt and Cayenne Pepper
to Taste

Make roux by browning the flour in the melted fat, add celery and onions and cook over a slow flame until clear. Then add shrimp and crab and cook for five minutes. To this add the diced ham, chopped green pepper, tomato paste and other ingredients with the exception of file´ and parsley. Simmer for one hour. Just before serving add file´ and parsley. Serve with boiled rice. Yields 10 - 12 servings.

1970