

BLEU'S CLASSIC LOUISIANA SEAFOOD GUMBO

THIS SEAFOOD GUMBO COMES FULL OF SHRIMP AND CRAB MEAT SWIMMING IN A RICHLY FLAVORED BROTH.

INGREDIENTS:

- **1/2 CUP CRISCO VEGETABLE SHORTING**
- **1/4 CUP BACON DRIPPINGS**
- **4 TABLESPOONS OF KERRYGOLD PURE IRISH BUTTER (UNSALTED)**
- **1 CUP WHITE LILY LIGHT ALL-PURPOSE FLOUR**
- **1 1/2 CUPS FINELY CHOPPED ONIONS**
- **1 CUP FINELY CHOPPED GREEN BELL PEPPERS**
- **1 CUP FINELY CHOPPED CELERY**
- **2 TABLESPOONS MINCED GARLIC**
- **6 CUPS HOMEMADE SHRIMP STOCK (RECIPE AT END OR USE)**
- **1/4 TEASPOON DRIED THYME**
- **2 BAY LEAVES**
- **1 LB. LOUISIANA BLUE JUMBO LUMP CRABMEAT**
- **1/2 LB. GUMBO CRABS**
- **1 LB. MEDIUM UNCOOKED SHRIMP, PEELED AND DEVEINED**
- **2 TEASPOONS WORCESTERSHIRE SAUCE**
- **1 1/2 TEASPOONS SALT**
- **1/4 TEASPOON CAYENNE PEPPER**
- **1/4 TEASPOON OF SMOKED PAPRIKA**
- **1 1/4 TEASPOON FRESHLY GROUND PEPPER**
- **1 TABLESPOON TONY CHACHERE'S CREOLE SEASONS**
- **1/4 CUP CHOPPED FRESH PARSLEY**
- **1/2 CUP CHOPPED TENDER GREEN ONION TOPS**
- **WHITE RICE, FOR SERVING**

DIRECTIONS:

PLACE AN 8-QUART STOCKPOT OVER MEDIUM HEAT AND ADD THE CRISCO SHORTING, BACON DRIPPINGS, AND KERRYGOLD BUTTER. ALLOW THE OIL TO HEAT FOR ABOUT 5 MINUTES. THEN, ADD THE

FLOUR TO THE POT. STIR THE OIL AND FLOUR TOGETHER WITH A WOODEN SPOON TO FORM A ROUX. LOWER THE HEAT TO MEDIUM LOW AND CONTINUE TO STIR THE ROUX FOR 20 TO 40 MINUTES, OR UNTIL THE COLOR OF MILK CHOCOLATE.

ADD THE ONIONS, BELL PEPPER, AND CELERY TO THE ROUX AND STIR TO BLEND. STIR THE VEGETABLES FOR 15 MINUTES. THEN, ADD THE GARLIC. COOK THE GARLIC FOR 30 SECONDS BEFORE ADDING THE SHRIMP STOCK TO THE POT.

SEASON THE GUMBO WITH THE THYME, BAY LEAVES, GUMBO CRABS, WORCESTERSHIRE, SALT, AND CAYENNE.

BRING THE GUMBO TO A BOIL AND LOWER THE HEAT TO A SIMMER. CONTINUE TO SIMMER THE GUMBO FOR 1 1/2 TO 2 HOURS, SKIMMING THE FOAM AND ANY OIL THAT RISES TO THE SURFACE.

SEASON THE SHRIMP WITH 1 1/2 TEASPOONS OF TONY CHACHERE'S CREOLE SEASONS. STIR THE SHRIMP INTO THE GUMBO AND COOK FOR THREE MINUTES.

ADD THE 1 LB. LOUISIANA BLUE JUMBO LUMP CRABMEAT. TURN OFF THE STOVE, REMOVE THE POT FROM THE BURNER AND LET SIMMER FOR ANOTHER 10 MINUTES WITH NO HEAT.

GARNISH WITH PARSLEY AND GREEN ONIONS AND SERVE IN SHALLOW BOWLS OVER WHITE RICE.

JOHN BESH'S BASIC SHRIMP STOCK

THIS SHRIMP STOCK RECIPE IS FROM CHEF JOHN BESH OF RESTAURANT AUGUST.

YIELD: MAKES 1 QUART

INGREDIENTS:

- 1 / 4 CUP CANOLA OIL
- 3 POUNDS SHRIMP SHELLS
- 1 ONION, COARSELY CHOPPED
- 1 RIB CELERY, COARSELY CHOPPED
- 1 CARROT, CHOPPED
- 1 LEEK, WHITE PART ONLY, CHOPPED
- 4 CLOVES GARLIC, CRUSHED
- 1 BAY LEAF
- 1 SPRIG FRESH THYME

DIRECTIONS:

STEP 1

HEAT OIL IN A LARGE SAUCEPAN OVER HIGH HEAT. ADD SHRIMP SHELLS AND COOK, STIRRING FREQUENTLY, UNTIL TOASTED, ABOUT 10 MINUTES.

STEP 2

ADD ONION, CELERY, CARROT, LEEK, AND GARLIC AND COOK FOR 3 MINUTES. ADD 12 CUPS WATER, BAY LEAF, AND THYME; BRING TO A BOIL. REDUCE HEAT TO MEDIUM AND COOK UNTIL REDUCED BY HALF.

STEP 3

STRAIN STOCK, DISCARDING SOLIDS; LET COOL TO ROOM TEMPERATURE. STOCK MAY BE USED IMMEDIATELY OR TRANSFERRED TO AN AIRTIGHT CONTAINER AND KEPT REFRIGERATED FOR UP TO 3 DAYS OR FROZEN FOR UP TO 3 MONTHS.