

# Robin's Gumbo



**Author:** Bob and Robin Young

**Suggested Wine:** Any good Riesling

**Start to Finish Time:** 25 hours

**Preparation Time:** 1 hour

**Categories:** Main Dish - Seafood

**Servings:** 60

**Cooking Time:** 8 hours

**Source:** Adapted From: allrecipes.com, Good New Orleans Creole Gumbo

**Description:** This gumbo was served at Robin's 70th birthday party. All of these products are available in the Boise area. We double cooked this gumbo. Shrimp count, 30-40 in this recipe, is the number of shrimp per pound. You can adjust the recipe at the source as lis

## Ingredients -

2 c All-Purpose Flour

1 c Extra Virgin Olive Oil, Madra Turkish EVOO from Cost Plus - World Foods

3 c Celery, coarsely chopped

3 lg Onions, coarsely chopped

6 clove Garlic, minced

3 10 oz can Ro-Tel

2 26 oz Pomi

Chopped Tomatos, Cost Plus - World Foods or Albertson's  
10 ozs Okra, frozen cut

16 ozs Okra, fresh cut, Boise Farmers Market

2 T Gumbo File powder

3 14 oz can Diced Fire Roasted Tomatoes

2 c Brown Basmati rice

**Directions - Day 1 -** Prepare the rue by whisking the oil and flour together in a 16 quart pot. Turn the heat to medium and stir the roux long and slowly until golden brown.

Add the onion, celery and garlic. Cook until translucent. Add the Rotel, Pomi, okra and fire roasted tomatoes. Simmer and taste and adjust seasoning as needed - salt and pepper, but be light on the pepper. Cook for several hours on low. Turn the heat off, cover and let sit over night.

Steam the sausage and the chicken breast until about half done. They will cook further later. Place in a bowl and cover tightly with plastic wrap. Place in refrigerator to cool over night. Add about ½ of the liquid to the pot.

Brown the rice grains in 2 T oil until the hulls are white. Do Not Burn. Immediately add 4 c water and stir. Bring to a boil. Reduce heat to low and cover. Do not stir the rice. Cook until tender. Add a little water if necessary. Cool and keep covered.

**Day 2 -** 3 hours before serving. Skim any fat from the cooled pot. Turn the heat on low.

Remove the sausage and the chicken from the refrigerator and slice the sausage into ¼" rounds. Cut the chicken into chunks. Add to the pot. Add the rice, sugar and the wine. Simmer and taste for 1 hour. (That's a basic rule from now on - Simmer, Stir and Taste. Adjust as necessary.)

Add the shrimp. You do not need to thaw. If using crabmeat, add it now. Simmer and Taste for about another hour. Serve with Sourdough bread (Acme Bake Shop) or in bread bowls.

4 c Water, for the  
rice  
6 links Merguez Lamb  
Sausage, Boise  
Farmers Market,  
Meadowlark Farms  
4 c Water, I used the  
water that I steamed  
- not boiled - the  
chicken and sausage  
in  
3 T Sugar, or Honey  
1 T Cajun Seasoning  
Blend, Spicely Cajun  
Seasoning -  
Albertson's)  
2 c 2012 Rosemont  
Estate Traminer  
Riesling or any  
Riesling that you like  
4 lbs Shrimp, 30-40  
count raw  
2 lbs Lump Bluecrab,  
optional, Phillips  
brands if not  
available fresh.  
Available from Costco  
4 lg Chicken Breasts,  
boneless and skinless