

# How about some seafood creole gumbo

**By Jerry Marlowe**

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Greetings and my heartfelt appreciation to all you kind consumers of incredible edibles.

I stumbled on today's recipe courtesy of my daughter Chris and her food-loving husband Henry. They prepared this very delectable gumbo on a recent visit to our kitchen. A rather large group descended on us and this culinary creation really went over quite well. Please promise me you will give it a try ... if you don't I will cry. Plus, if you get too carried away with the hot sauce some of your guests might also shed a few tears so, be careful and adjust the formula to a proper level of heat.

OK now, start your engines and gather up the following ingredients to create a spicy seafood creole gumbo. Feel free to reduce the quantities, because you will end up with close to seven quarts of this incredible Nawlins' Potage.

The ingredients include: 1 cup of good vegetable oil, 1 cup all purpose flour like Wondra, 4 medium onions chopped, 2 large orange and red peppers seeded and chopped, 8 stalks chopped celery, 4 cloves garlic chopped, 1 pound of sliced andouille sausage, 1 pound of crab

meat, ¼ cup of Worcestershire sauce, 1 tbs Frank's hot sauce, 5 bay leaves, 3 tbs lemon juice, a couple tsp each of thyme, basil, oregano, sage, a tsp fresh ground pepper, ½ tsp creole seasoning, 2 pounds of fresh shrimp, a pound of good crab meat, and a good ½ cup of chopped fresh cilantro.

OK and away we go.

Combine the oil and flour in a large Dutch oven and cook over medium heat, stirring constantly until you're roux is a chocolate color. That may take about 25 minutes. Now stir in the onions and peppers and celery and garlic for 3 to 5 minutes stirring constantly. Next, stop and have a libation of your choice.

Now let's add the tomatoes and all the other ingredients except for your seafood. You can simmer that mixture for awhile while everyone

is enjoying your libations! By now they will be starving. So let's now add in two pounds of shelled and deveined shrimp, plus the pound of crab meat and perhaps some fresh clams. We are such devoted consumers of good fresh seafood, so please support our local purveyors of the splendors of our wonderful oceans and lakes. Whatever you do, promise me you will endeavor to continue giving them your ongoing appreciation of their effort to continue our eager seafood appreciation forever.

I also appreciate your kind comments when I run into you at our local markets! If you want me to attack a certain food recipe you are challenged by, don't hesitate to drop me a note at 131 Oakmont Drive in Dover. Good food, like good love, must be shared by all of us.