



Shrimp and Oyster Gumbo with Okra

READY IN



180 min.

SERVINGS



6

CALORIES



945 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 3 bay leaves
- 15 ounce canned tomatoes drained chopped canned
- 0.3 teaspoon cayenne
- 0.5 teaspoon cayenne
- 2 celery stalks chopped
- 3 cups rice long-grain white cooked
- 1 surimi crab sticks blue
- 6 servings top french

- 1 leaf flat parsley and green onions chopped for garnish
- 0.5 cup flour all-purpose
- 5 sprigs thyme leaves fresh
- 4 garlic cloves finely chopped
- 1 bell pepper green chopped
- 1.5 pounds shrimp with heads and shells
- 2 lemons halved
- 1 pound okra cut into 1/4-inch slices
- 0.5 teaspoon old bay seasoning
- 2 tablespoons old bay seasoning
- 1 onion halved
- 1 teaspoon sea salt
- 1.5 pounds reserved shrimp peeled
- 2 quarts shrimp stock
- 1 pint shucked oysters raw (20 pounds unshucked)
- 3 thyme sprigs fresh
- 0.5 cup butter unsalted (1 stick)
- 2 onions yellow chopped

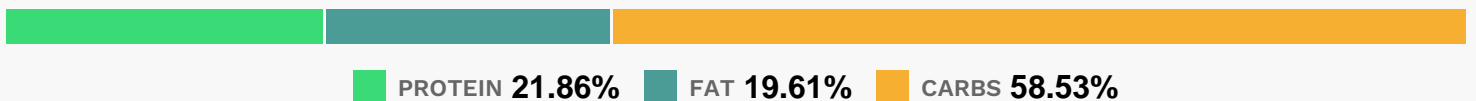
Equipment

- bowl
- ladle
- whisk
- pot
- wooden spoon
- dutch oven

Directions

- To make the shrimp stock: Peel the shrimp, and toss the heads and shells into a large stock pot; refrigerate the peeled shrimp until ready to cook in the gumbo.
- Add the crab, onion, bay leaves, thyme, cayenne, Old Bay, and lemons to the pot. Cover with 2 1/2 quarts of cold water. Allow the liquid to slowly come to a boil, and then lower the heat. Gently simmer for 45 minutes, uncovered, skimming any foam that rises to the top. Strain the stock into a heatproof container or another pot to remove the chunky solids; at this point you should have about 2 quarts of flavorful broth to use in the gumbo. Cool until needed.
- To make the gumbo, you must start with a roux base: Melt the butter over medium-low heat in a Dutch oven or other large, heavy pot. Just as the foam subsides, add the flour, stirring constantly with a wooden spoon or whisk to prevent lumps - it may lock-up like cake frosting but just keep stirring through it. Cook the roux until it's the color of a walnut and smells equally as nutty, this should take about 15 minutes.
- Add the onions, celery, bell pepper, garlic, and okra (if it ain't got okra, it ain't gumbo!); season with salt, cayenne, and Old Bay.
- Mix in the tomatoes, bay leaves, and thyme. Cook for 10 minutes, stirring now and then, until the vegetables are soft.
- Pour in the cooled shrimp stock and stir to combine. Bring the mixture to a boil, and then reduce the heat. Simmer for 45 minutes, stirring occasionally, until the gumbo is dark and thick. Toss in the shrimp and oysters, cook about another 15 minutes; adjust seasoning.
- To serve: Ladle the gumbo into shallow bowls and pile some rice in the center.
- Sprinkle the parsley and green onions over the top. Pass the French bread and hot sauce at the table.

Nutrition Facts



Properties

Glycemic Index:119, Glycemic Load:68.65, Inflammation Score:-10, Nutrition Score:42.463912906854%

Flavonoids

Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 2.25mg, Luteolin: 2.25mg, Luteolin: 2.25mg, Luteolin: 2.25mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg

0.39mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 27.92mg, Quercetin: 27.92mg, Quercetin: 27.92mg, Quercetin: 27.92mg

Nutrients (% of daily need)

Calories: 944.96kcal (47.25%), Fat: 20.75g (31.92%), Saturated Fat: 10.85g (67.81%), Carbohydrates: 139.32g (46.44%), Net Carbohydrates: 128.52g (46.73%), Sugar: 11.54g (12.83%), Cholesterol: 226.47mg (75.49%), Sodium: 1654.07mg (71.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.03g (104.05%), Manganese: 2.56mg (127.78%), Selenium: 87.22µg (124.6%), Vitamin C: 66.26mg (80.31%), Copper: 1.52mg (76.06%), Phosphorus: 713.17mg (71.32%), Zinc: 7.91mg (52.72%), Magnesium: 191.21mg (47.8%), Vitamin B3: 9.24mg (46.2%), Potassium: 1514.96mg (43.28%), Fiber: 10.81g (43.23%), Vitamin K: 44.34µg (42.23%), Vitamin B6: 0.74mg (37.05%), Iron: 6.42mg (35.69%), Calcium: 346.28mg (34.63%), Folate: 131.58µg (32.9%), Vitamin B1: 0.47mg (31.62%), Vitamin A: 1484.76IU (29.7%), Vitamin B2: 0.37mg (21.59%), Vitamin B12: 1.05µg (17.54%), Vitamin E: 2.47mg (16.48%), Vitamin B5: 1.44mg (14.43%), Vitamin D: 0.28µg (1.89%)