

Louisiana Creole Gumbo – Prawn and Sausage

Prep Time: 40 minutes

Cooking Time: About 70 minutes

Makes: 4 servings

Ingredients:

2-3 fresh chorizo sausages
16 med/large prawns, shell on
3 ½ c chicken stock or broth
¼ c plus 1 tsp vegetable oil (divided)
¼ c all purpose flour
½ large pepper, diced into ¼" cubes
½ medium onion, diced
1 large celery rib, diced
1 large garlic clove, minced
½ tsp dried thyme
¼ tsp cayenne pepper (bit of a kick)
½ tsp cumin
¼ tsp paprika
1 bay leaf
1 (14 oz/398 ml) can diced tomatoes
1 (14 oz/398 ml) can sliced okra, gently rinsed and drained very well
Salt and pepper to taste
1 large green onion, thinly sliced, or chopped chives

Steps:

Roast sausages on parchment lined baking sheet for 20 min at 475F. Cool to room temperature, then slice into ½" widths.

Heat 1 tsp oil in medium pot on med/high heat, add prawn shells and cook/stir until bright pink and a little toasty.

Pour in broth and bring to slow simmer for 20 min, then strain into bowl.

Pour ¼ c oil into 8" wide pot on medium heat. Stir in flour, creating roux. Cook, stirring, for 4-5 min until milk-chocolate brown.

Add onion, cook/stir for 2 min.

Add pepper and celery and cook/stir for another 2 min.

Add garlic, thyme, cayenne, cumin, paprika and cook/stir another 1 min.

Very slowly, mix 1 c prawn stock into roux mixture. When starting to thicken, add remaining stock.

Add tomatoes, sausage and bay leaf. Bring to slow simmer, uncovered, for 20 min.

Mix in prawns and okra, bring back to slow simmer for 10 min.

Season with salt and pepper if required.

Serve with rice, sprinkle with chives.

Excess can be frozen.