



# Recipes



## Creole Seafood Filé Gumbo

SERVES 4

### INGREDIENTS

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|--|---|
| 4 cups roasted chicken broth or store-bought broth | 1/2 pound New Orleans beef hot sausage, sliced              |
| 2 cups shrimp broth (or clam juice)                | 1 tablespoon granulated garlic                              |
| 2 cups clam juice (or oyster juice)                | 1 tablespoon granulated onion                               |
| 1 bay leaf   | 2 teaspoons dry thyme                                       |
| 1/2 cup vegetable oil, plus 1 tablespoon           | 2 teaspoons smoked paprika                                  |
| 1/2 cup all-purpose flour                          | 2 teaspoons gumbo filé; see chef's notes                    |
| 1/2 cup finely diced onions                        | 1/4 teaspoon cayenne pepper                                 |
| 1/4 cup diced bell pepper                          | Pinch of fresh Italian parsley, minced                      |
| 1/4 cup diced celery                               | 1 pound shrimp, peeled                                      |
| 2 tablespoons minced garlic                        | 1 pound crab claws or legs; see chef's notes                |
| 1/2 pound smoked pork sausage or kielbasa, sliced  | 1 jar (8 ounces) fresh oysters with juice; see chef's notes |
| 1/2 pound chicken thigh (or breast) meat, diced    |   |

### DIRECTIONS

In a 6-quart or larger pot, bring both broths and clam juice to a simmer with 1 bay leaf. Then, in an iron skillet or fry pan, mix oil and flour together over high heat, stirring constantly with a metal whisk to create a roux. Continue until roux reaches peanut butter color, about 5 minutes. Turn off heat and add vegetables to roux. Stir for 1 minute and spoon roux with cooked vegetables into the gumbo broth pot. Continue to simmer. In a regular fry pan (not a nonstick pan), add 1 tablespoon of oil and place over high heat. Brown pork sausage. Scrape the caramelized bits off the pan, add pork to the broth. Repeat with chicken and then beef sausage, cooking them separately. Add garlic, granulated onion, thyme, paprika, gumbo filé, cayenne pepper, and parsley to gumbo and continue to simmer for 20 minutes. Oil will come to the surface. Skim oil with a ladle to remove. Bring gumbo to a rapid boil. Stir in the seafood, including oyster juice, and cover. Turn off heat and let rest about 5 minutes until shrimp just curl and change from translucent to white. Add salt and cayenne to taste. Serve in a big bowl with rice.

**Chef's notes:** Gumbo filé is made from ground sassafras leaves and has a woody flavor reminiscent of beet root. It can be found online or in your grocer's Cajun section. If you can't find oysters or crab, just add more shrimp.

Recipe courtesy The Quarter Creole Cuisine ■ Photograph by Vanessa Stump

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