



Eastern Shore Gumbo

Gumbo is really a method more than a product. Make a roux, add some veggies, add some seasoning, add some protein, add some liquid. This is eastern shore style (blue crab and oysters, and Old Bay as the seasoning). It's so good.

Ingredients

- 6 stalks of celery chopped small
- 1 yellow onion chopped small
- 3 Anaheim peppers chopped small
- 4 cloves garlic minced
- 4 T butter
- 4 T all purpose flour
- 2 8oz bottles of clam juice
- 1 32oz carton of seafood stock
- 3 T Old Bay seasoning
- 1 T red miso paste
- 2 8oz cans of whole oysters
- 16 oz blue crab meat

Chop: Chop celery, onion, peppers and garlic, and place in a work bowl.

Roux: Melt butter in large stock pot. Add flour and stir constantly until roux goes from light brown to darker brown. Should also smell a bit nutty.

Soften Veggies: Dump veggie into the roux and stir to coat the veggies in the roux. Cook for 2-3 minutes.

First Old Bay: Add 2 T of the Old Bay. Stir to combine.

First Liquid: Add the clam juice and liquor from the oysters (that's the liquid in the oyster can). Stir to combine.

First Protein: Add the oysters.

Umami: Add the miso. Stir to combine.

Second Protein: Add the crab meat. Add the remaining 1 T of Old Bay. Stir to combine.

Second Liquid: Add the seafood stock. Stir to combine. Simmer. You can eat in 20 minutes, but it's worth waiting an hour.

Serve: Serve in a bowl over rice. If you want to eat it straight, then I recommend decreasing the miso to 1 ½ tsp, and only 2 T of Old Bay.