Bob’s Ultimate Cajun-Style Gumbo (Meat + Seafood)

# Ingredients

# – Adjust Portions as needed-

## IMG_8661.jpegProtein

* 1 lb Andouille sausage, sliced
* 1 lb shrimp, peeled & deveined
* 1 lb crab meat

## Veggies & Aromatics

* 1 large onion, diced
* 3 large Carrots cut into Diamonds
* 1 green bell pepper, diced
* 1 yellow or red bell pepper, diced
* 3 celery stalks, chopped
* 4 cloves garlic, minced
* ½ cup green onions, chopped
* ¼ cup fresh parsley, chopped

## Roux

* ¾ cup vegetable oil
* ¾ cup all-purpose flour

## Liquids

* 4 Cups or 1 box of seafood stock
* 1 can (14.5 oz) diced tomatoes

## Seasoning

* 1 tbsp Worcestershire sauce
* 2 tsp Cajun seasoning - Tony Chachere’s Creole Seasoning
* 1 tsp Hot smoked paprika
* ½ tsp dried thyme
* 2–3 bay leaves
* Salt & black pepper to taste
* Optional: Dash of hot sauce or cayenne for kick

## To Serve

* White rice
* Chopped green onions & parsley for garnish

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# Instructions

1. Cook the rice: In a pot, bring 4 cups water, 2 cups rice, and ½ tsp salt to a boil. Cover, reduce heat, and simmer 15 minutes or until tender. Fluff and set aside.
2. Make the roux: In a large heavy pot, heat ¾ cup oil over medium heat. Add flour and stir constantly for 15–25 minutes until it’s deep brown—like melted chocolate. Don’t rush this.
3. Build the base: Add onion, peppers, celery, and garlic to the roux. Stir and cook 3–5 minutes until softened.
4. In a separate pan add olive oil and fry the meats, garlic, and bay leaf to brown until golden on all sides.
5. Add the meats: Cook 5–7 minutes. Then add tomatoes, broth, Worcestershire, and all seasonings. Bring to a boil, reduce to simmer.
6. Simmer: Cover and simmer low for 45 minutes, stirring occasionally.
7. Final touch: Remove bay leaves. Stir in green onions and parsley. Taste and adjust seasoning.
8. Serve hot: Over rice. Garnish with more parsley and green onion.