

CREOLE GUMBO

INGREDIENTS

½ stick butter
2 cups sliced okra
3 bunches chopped green onions
2 large/chopped white onions
2 pts. raw oysters with oyster liquid
16 oz. chopped tomato pulp
8 oz. tomato juice
1 1/2 qts. fish stock
3 crabs (discard top shell, cut into 4 pieces)
3 tbsp. flour
1 tbsp. filé (sassafras)
3 cups cooked rice
salt, pepper and cayenne pepper

PREPARATION

In a large skillet, melt butter and then sauté the white onions, green onions, okra, and crabs. In another large pots add oysters, shrimp, tomatoes and tomato juice with 1½ quarts of fish stock and bring to a boil. Once boiling, add all ingredients from first skillet to the large pot. In a third smaller skillet, cook the flour and butter together until brown (this is called a roux). It's now time to mix the filé with the roux and a small portion of the liquid gumbo and then add to the Gumbo pot. Add pepper, salt and cayenne pepper to suit your taste. Simmer for approximately 2 hours.

To serve, pour 1½ cups gumbo over ½ cup rice. (Serves 6)

PLEASE ENJOY THIS FAMOUS RECIPE FROM ANTOINE'S PROVIDED BY CORPORATE REALTY

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