

Tasty Recipes for You to Try



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Seafood Gumbo

Makes 15-20 servings

Shared by: King Bond

Ingredients:

6 large spoons of shortening	42 oz. tomatoes	4 cans crabmeat
6 spoons all-purpose flour	2-3 quarts hot water	4 lbs. shrimp
2 large onions	4 bay leaves	2 jars oysters
6 pods garlic	4 tsp. salt	1 C. parsley
1 bell pepper	4 tsp. pepper	6 green onions, chopped
5 stalks of celery	1/2 tsp. cayenne pepper	Filé powder (optional)
30 oz. okra	1 Tbsp. worcestershire sauce	

Directions:

1. In a large stew pot, melt shortening then turn heat to medium-low.
2. Add flour and stir constantly for 20 minutes or more, until mixture is a rich brown color (of a used brown penny perhaps.) Do not fail to stir or it will burn.
3. To this mix, add cut up onions, pepper, celery, garlic and okra. Cook until soft and the onions are transparent. Then add water (should be hot when added) and tomatoes. Season to taste.
4. Add crabmeat and cook for an hour.
5. Add shrimp and liquid from oysters and cook until shrimp are done. Add bay leaves, parsley and green onions 30 minutes before serving. Add oysters 15 minutes before serving.
6. Serve over rice. For added flavor, sprinkle filé powder on each bowl when served.