

Creole Style Gumbo

5 tablespoons butter	2 tablespoons creole seasoning
1 onion chopped	(paprika, French thyme, Greek oregano, onion powder, garlic powder, black and red pepper)
1/2 green pepper, chopped	1/2 teaspoon file powder
2 stalks celery, chopped	2 bay leaves
3 cloves garlic, minced	2 quarts water
1 cup tomato diced	1 pound shrimp, cooked, de-veined
1 pound okra, sliced	1/2 pound crab meat, back fin or jumbo lump
1/2 cup roux	2-3 cups cooked rice

For the roux:

1/4 cup butter

1/4 cup flour

Melt the butter in a saucepan and whisk in the flour until smooth. (This is a blonde roux.) Set aside until needed.

For the gumbo: In a large soup or stockpot, melt 5 tablespoons of butter. Add the chopped onion, celery and pepper, saute until softened. Add the garlic, okra and tomato and continue to sautee another 2-3 minutes. With a whisk, blend in the roux and seasonings. Continue to whisk as you add in the water. Bring to a boil, then reduce heat to a simmer, add the shrimp and crab. Let simmer 5 more minutes to bring all the flavors together.

Serve hot over rice.