

Around the Table

Shrimp and Sausage Gumbo

Active: 1 hr Total: 1 hr
Serves: 8-10

- ½ cup vegetable oil
- ½ cup flour
- 1 large onion, diced
- 5 cloves garlic, sliced
- 4 stalks celery, chopped
- 2 green bell peppers, chopped
- + Kosher salt
- 2 bay leaves
- 2 tsp freshly ground black pepper
- 1½ to 2 tsp cayenne pepper
- 1½ tsp smoked paprika
- 1½ cups sliced fresh or frozen okra
- 12 oz turkey or pork andouille sausage, sliced
- 6 cups chicken stock (homemade or reduced-sodium canned)
- 2 lb raw shrimp, peeled and deveined
- 3 scallions, sliced
- 1 Tbsp unsalted butter
- + Cooked white rice, for serving
- + Louisiana-style hot sauce, for serving (see top right)

1. Make roux: Warm oil in a large Dutch oven over medium heat. Add flour and stir well to combine. Reduce heat to medium-low and cook, stirring constantly, 30 to 40 minutes, until mixture is rich medium brown, the color of peanut butter or coffee ice cream. Pay attention to bottom of pan, scraping often, so flour toasts but doesn't burn.

2. Increase heat to medium and add onion, garlic, celery, and peppers. Sea-



PARTY TIME Big Easy Bash

Celebrate Mardi Gras with a big pot of gumbo BY SARAH DIGREGORIO



Spice It With...

Louisiana-style hot sauce is a tangy, spicy blend of chiles (usually tabasco or cayenne varieties), vinegar, and salt. Tabasco Sauce is the most famous—and one of the oldest—but others are worth trying as well, such as Crystal, Trappey's, and Louisiana brands.

son with salt. Cook, stirring, 5 minutes. Add bay leaves, black pepper, cayenne, and paprika; cook 2 minutes. Add okra and sausage; cook 2 minutes. Pour in chicken stock, increase heat to high, bring to a boil, and then reduce heat to maintain a simmer, 10 minutes.

3. Stir in shrimp and simmer until just cooked through. Stir in scallions and butter. Taste and add more salt and pepper if needed. Serve over rice, with hot sauce, if desired.

PER SERVING (NOT INCLUDING RICE): 390 cal, 17g carbs, 33g protein, 20g fat, 225mg chol, 810mg sodium, 2g fiber



Mardi Gras is a celebratory time to indulge in rich foods right before the austerity of Lent. Are you giving something up for Lent? Tell us at [facebook.com/parademag](https://www.facebook.com/parademag).