

Shrimp and Andouille Gumbo with Okra

From the Kitchen of [Deep South Dish](#)

INGREDIENTS

- 2 pounds medium small (51/60 to 41/50) raw gumbo shrimp, peeled and deveined
- 1 cup cooking oil
- 1 cup all-purpose flour
- 1-1/2 cups chopped onion
- 1/2 cup chopped green bell pepper
- 1/4 cup chopped celery
- 1 (14.5 ounce) can stewed tomatoes, with liquid, chopped up, optional
- 3 quarts shrimp or chicken stock/broth, water, or any combination
- 1 to 2 teaspoons Creole or Cajun seasoning, or to taste
- 1/2 teaspoon thyme
- 1/2 tablespoon cooking oil
- 1/2 pound mild andouille or other spicy smoked sausage, chopped
- 1 pound sliced okra
- Kosher salt and freshly cracked black pepper, as needed, to taste
- Hot sauce, (like Tabasco), for the table, optional

INSTRUCTIONS

1. Peel and devein shrimp; refrigerate until needed.
2. Prepare roux by heating 1 cup of oil over medium high heat and stirring in flour until blended in. Continue cooking, stirring constantly until roux is fragrant and dark brown in color.
3. Add the onion, bell pepper and celery to the hot roux; cook, stirring constantly until tender, about 3-4 minutes. Reduce heat to low.
4. Chop the tomatoes, if using, reserving all the liquid. I use a pair of kitchen shears to chop them up right in the can. Add the tomatoes with their liquid to roux mixture.
5. Add Creole or Cajun seasoning and thyme. Stir in the stock/broth or water. Bring to a boil, then reduce heat to just under medium, and let simmer covered for 30 minutes.
6. Meanwhile, add the 1/2 tablespoon of cooking oil to a large skillet, and heat over medium heat. Add the sausage and cook until browned. Remove with a slotted spoon and transfer to the gumbo pot.
7. To that same skillet, add the okra; cook and stir until slightly browned. Using a slotted spoon, transfer the okra to the gumbo pot; continue simmering.
8. Add the raw shrimp to the pot and allow it to simmer a few minutes until the shrimp are pink and cooked through. Taste, add salt and pepper, only if needed, and adjust Cajun seasoning to taste.

9. Serve over hot cooked rice and pass a bottle of Tabasco for some extra kick. Add some hot, buttered French bread or rolls and some creamy gumbo potato salad, or a side salad to round out the meal.

NOTES

Tip: If you're lucky enough to have some leftover crab, clean about 4 medium sized ones and cut bodies into halves or quarters. Add them in with the sausage.

Cook's Notes: The addition of some tomato is a personal preference, though I almost always add it to my seafood gumbos. Gumbo is a dish that only improves with advance preparation, so make it ahead of time whenever possible. The flavors really need time to settle and mellow and it's always better the next day. Prepare, let cool and skim any accumulated oil off the top before storing. Use more roux for a thicker gumbo or adjust your stock using more for a thinner gumbo; less if you like it thicker. You can also make a roux using your microwave, your oven, or use a commercial product.

Creamy Shrimp Gumbo: Double the okra, adding half of it, uncooked, with the tomatoes and stock/broth or water for the first simmer. Allow base to thicken, then proceed with recipe.

Source: <http://deepsouthdish.com>