Nutrition Facts

Serving Size 5 oz (140.0 g)

Amount Per Serving

Calories 110Calories from Fat 40

% Daily Value\*

Total Fat 4.5g 7%

Saturated Fat 2.5g 13%

Cholesterol 25mg 8%

Sodium 520mg 22%

Total Carbohydrates 14.0g 5%

Dietary Fiber 1.0g 4%

Sugars 1.0g

Protein 5.0g

1/2 cup oil

1/2 cup flour

2 medium onions, diced

2 green bell peppers, diced

3 ribs celery, finely diced

4-6 cloves garlic, minced

4 tomatoes (or 8 Roma tomatoes), seeded and diced (if you like tomatoes in your gumbo)

1 cup tomato purée (see above)

2 pounds okra, chopped

4 quarts shrimp stock, crab stock or fish stock

1 tablespoon Creole seasoning blend

1 teaspoon dried thyme leaves

2 bay leaves

Salt and freshly ground black pepper to taste

2 pounds medium shrimp, peeled and deveined

2 dozen oysters, freshly shucked, liquor reserved

4 blue crabs, cleaned (optional)

1 pound fresh lump crabmeat, picked over for shells and cartilage

1 tablespoon filé powder (if okra isn't used)

8 cups cooked long-grain white rice

Of all the dishes in the repertoire of Louisiana cooking, gumbo is undoubtedly the most famous. One of the oldest dishes in Louisiana and a source of culinary pride as far back as there are written records, in modern times it has become as much of a cultural symbol of Louisiana as jazz or the bayou. Even more so than jambalaya or red beans and rice, it is ubiquitous in restaurants, at special events, and in homes of all classes throughout Louisiana.

Generally speaking, a gumbo is a thick, dark soup containing a mixture of rice, vegetables, and meat or seafood. Yet when it comes to ingredients, the one constant in gumbo is variety. Stanley Dry lists just two hard and fast rules: a gumbo must always contain rice, and it must always be thickened with something. Most gumbos are, in fact, double-thickened - first with a dark, oil-based roux (although Gumbo Z’Herbes is sometimes roux-less, as are some 19th century recipes), and then using either okra or filé powder, but never both (to connoisseurs, this as uncouth a practice as blending a Bordeaux with a Riesling). Otherwise, anything might be thrown into the pot; one can even find written references to gumbo made with owl and muskrat. However, despite this unlimited potential, the vast majority of gumbos fall into one of three categories: Seafood Gumbo, containing some combination of oysters, shrimp, crawfish, and/or crabs, and more often made with okra than filé; Poultry and Sausage gumbo, which uses either chicken or turkey in combination with pieces of andouille or other smoked sausage, and more often made with filé than okra; and the increasingly rare Gumbo Z’Herbes, a meatless soup created for Lent that incorporates a wide variety of greens. The greens symbolize different things to different families. Most often the number of greens a person uses represents the number of new friends he or she is supposed to make that year, but said number is different according to different authors: some list a specific number like 7 or 9, while Fitzmorris insists on an even number of greens and Folse on an odd.