

Crayfish Gumbo

Serves 3-4

Ingredients:

3 lbs Live crayfish
1 gal. Water
1 Herb bouquet (parsley, thyme, oregano, etc.)
1 Red Pepper, whole
3/4 c. Chopped onion
1 c. Sliced okra (optional)
3 tbsp. Butter or margarine
2 Sprigs parsley, minced
Pinch of thyme
2 tbsp. Flour
1 1/2 quarts chicken stock or tomato juice
1 c. Cooked diced ham (optional)
3 tbsp. File powder
1 1/2 - 2 c. Cooked white rice

Preparation:

Boil crayfish for 3-5 minutes in water with herb bouquet and red pepper. Strain, saving 1/2 quart of water. Shell, clean and, cut crayfish tails in half. Brown onion and okra (if used) in butter. Add parsley, thyme and flour. Combine reserved water and chicken stock or tomato juice. Bring to a boil. Add crayfish and ham (if used). Simmer for 20 minutes. Season to taste. Remove from heat. Add file powder and stir. Pour into soup bowls and top each serving with 1/2 cup of cooked rice.

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