

## Shrimp & Crawfish Gumbo

*Serve from a soup chaffer, next to the rice.*

### **Ingredients:**

3 cups Vegetable oil

3 cups Flour

6 lbs Onion (chopped)

3 lbs Bell Pepper (chopped)

3 lbs Celery (chopped)

4 T Salt

4 Tsp. Cayenne

10 ea Bay Leaves (to be taken out before serving)

2 gallons Stock (any combination of shrimp, crayfish or chicken)

6 lbs Small Shrimp (peeled and de-veined)

4 lbs Crawfish Tail-meat (peeled and de-veined)

2 cups Flat Leaf Parsley (coarsely chopped)

File' Powder

### **Preparation:**

Slowly cook the oil and flour stirring constantly (about 20 minutes) over a medium high heat until chocolate brown in color. Then add every thing but the last 5 ingredients and cook stirring often, until soft. Add the stock and simmer until thickened then add the shrimp and crawfish. Cook for about 10 minutes then add file to adjust thickness. Add chopped parsley just before serving.

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