

## Rich and Spicy Seafood Gumbo with Andouille and Crab

classic Creole seafood gumbo



**TIME**  
**15 min**

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### INGREDIENTS

? Roux:

¾ cup vegetable oil

¾ cup all-purpose flour

? Seafood:

1 lb shrimp, peeled and deveined

1 lb crab meat (lump or claw)

1 lb andouille sausage, sliced

? Aromatics:

1 large onion, chopped

3 stalks celery, chopped

3 cloves garlic, minced

? Spices:

1 tsp dried thyme

1 tsp dried oregano

1 tsp cayenne pepper

1 tsp paprika

? Seasonings:

Salt and pepper, to taste

2 tbsp filØ powder (optional but traditional)

? Liquid:

2 cups fish stock

2 cups water

2 tbsp Worcestershire sauce

? Garnish:

2 tbsp chopped scallions

... cup chopped parsley  
2 lemons, cut into wedges

## DIRECTIONS

1. **Make the Roux:** In a large cast-iron pot, heat vegetable oil over medium heat. Gradually whisk in the flour, stirring constantly until the roux turns deep brown, about 10-15 minutes. Be patient-this is where the flavor lives!
2. **Add Aromatics:** Add onion, celery, and garlic to the roux. Cook for 5-7 minutes, stirring often, until softened and fragrant.
3. **Add Seafood and Sausage:** Stir in the sliced andouille sausage, shrimp, and crab meat. Cook for 2-3 minutes, just until shrimp begin to turn pink and sausage is browned.
4. **Season and Spice:** Add thyme, oregano, cayenne, paprika, and salt and pepper. Stir well to coat all ingredients in the spiced roux.
5. **Add Liquid:** Gradually pour in fish stock, water, and Worcestershire sauce. Bring the mixture to a gentle boil, then reduce heat to a simmer.
6. **Simmer:** Simmer uncovered for 20-30 minutes, stirring occasionally. Taste and adjust seasonings as needed.
7. **Finish with FilØ:** Optional but authentic: stir in filØ powder just before serving. This helps thicken and flavor the gumbo Creole-style.
8. **Garnish and Serve:** Ladle gumbo into bowls and garnish with scallions and parsley. Serve hot with a scoop of white rice and a lemon wedge on the side.

## SWAPS & NOTES

Use chicken broth for a milder base.

Vegetarian version : Swap seafood for mushrooms, okra, and bell peppers.

Use Louisiana-style andouille for the most authentic heat and

smoke.

FilØ powder adds that classic Creole earthiness and subtle thickness.

## TIPS FOR SUCCESS

Whisk constantly while making roux -burnt flour ruins gumbo!

Use fresh seafood if possible , or high-quality frozen shrimp and crab.

Don't skip the simmer -this melds the spices and flavors beautifully.

Add filØ at the end to avoid gumminess from overcooking.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/rich-and-spicy-seafood-gumbo-with-andouille-and-crab/>