

Authentic Louisiana Seafood Gumbo - Bold, Spicy, and Soul-Warming

Louisiana Seafood Gumbo Recipe - A Southern Classic with Big Flavor ???



TIME
30 min

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INGREDIENTS

- 1 cup vegetable oil
- 1 cup all-purpose flour
- 1 onion, chopped
- 1 green bell pepper, chopped
- 2 celery stalks, chopped
- 4 garlic cloves, minced
- 1 (14.5 oz) can diced tomatoes
- 1 lb shrimp, peeled and deveined
- 1 lb crab meat
- 1 lb andouille sausage, sliced
- 4 cups seafood stock (or chicken broth)
- 2-3 bay leaves
- 1 tablespoon Cajun seasoning
- Salt and pepper, to taste
- Cooked rice, for serving
- Chopped green onions, for garnish

Tips & Swaps:

Stock: Seafood stock is best for flavor, but chicken broth works in a pinch.

Sausage: Andouille adds smokiness, but kielbasa or hot links can sub in.

Seafood: Add oysters or crawfish for a deluxe version.

Okra Optional: Some traditional gumbo includes okra or file powder for thickening.

Instructions:

Step 1: Make the Roux:

Step 2: Build the Base:

Step 3: Add Tomatoes and Sausage:

Step 4: Simmer:

Step 5: Add Seafood:

Step 6: Serve:

Tips for Success:

Stir that roux constantly to prevent burning-it's worth the effort!

Use fresh shrimp and crab if possible for the best texture.

Let it sit for 10-15 minutes off heat before serving to deepen the flavor.

Serving Suggestions:

Warm cornbread or crusty French bread

Sheet Pan Quesadillas for a fun fusion side

DIRECTIONS

1. Step 1: Make the Roux: In a large heavy-bottomed pot or Dutch oven, heat oil over medium heat. Gradually whisk in the flour. Cook, stirring constantly, until the roux is a deep brown-about 20-30 minutes. Don't rush this step!
2. Step 2: Build the Base: Add chopped onion, bell pepper, celery, and garlic to the roux. Cook until softened and fragrant, about 5-7 minutes.
3. Step 3: Add Tomatoes and Sausage: Stir in the diced tomatoes and sliced andouille sausage. Cook for another 5 minutes to let the flavors develop.
4. Step 4: Simmer: Pour in the seafood stock. Add bay leaves, Cajun seasoning, salt, and pepper. Bring to a simmer and cook uncovered for 30 minutes, stirring occasionally.
5. Step 5: Add Seafood: Add shrimp and crab meat to the pot. Simmer for another 5-7 minutes, or until shrimp are pink and cooked through.
6. Step 6: Serve: Remove bay leaves. Serve hot over cooked rice, garnished with chopped green onions.
7. Tips for Success: Stir that roux constantly to prevent burning-it's worth the effort!
8. Use fresh shrimp and crab if possible for the best texture.
9. Let it sit for 10-15 minutes off heat before serving to deepen the flavor.
10. Serving Suggestions: This gumbo is a star on its own but pairs well with:
11. Warm cornbread or crusty : French bread
12. Sheet : Pan Quesadillas for a fun fusion side

13. Easy : Turkey Wings to double up on comfort
14. A simple green salad with lemon vinaigrette
15. Storage & Leftovers: Fridge: Store in airtight containers for up to 3 days.
16. Freezer: Freeze portions for up to 3 months. Thaw in the fridge and reheat gently.
17. Reheat: Simmer gently on the stovetop until hot-add a splash of stock if needed.
18. More Recipes You'll Love: Craving more Southern-inspired comfort?
19. Cajun : Chicken Sausage Gumbo
20. Tomato : Skillet with Okra and Sausage
21. Instant : Pot Lasagna
22. Dorito : Casserole
23. Final Thoughts: This Louisiana Seafood Gumbo is more than just a dish-it's a celebration of Southern culture and flavor. Rich, hearty, and deeply satisfying, it's the kind of meal that brings people together and warms the soul.

TIPS FOR SUCCESS

Stir that roux constantly to prevent burning-it's worth the effort!

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Let it sit for 10-15 minutes off heat before serving to deepen the flavor.

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

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