

Spicy Seafood Gumbo Pot Pie: A Bold Southern Comfort Food Favorite

3 cups chopped onion, small dice



TIME

15 to 20 min

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INGREDIENTS

For the Gumbo Filling:

1 stick unsalted butter

3/4 cup all-purpose flour

2 tablespoons butter

3 cups chopped onion, small dice

1 cup chopped bell pepper or small sweet peppers,
small dice

3/4 cup chopped celery

Creole seasoning, about 4 tablespoons total

4 to 5 garlic cloves, minced

1 cup sliced okra

1/2 cup peas

6 cups chicken, seafood, or vegetable stock

A few dashes Worcestershire sauce

A few dashes hot sauce

2 bay leaves

1/2 cup sliced green onion

Small handful cilantro, finely chopped

Small handful parsley, finely chopped

1/2 cup heavy cream

1 3/4 pounds mixed seafood, such as lump crab,
small shrimp, bay scallops, and shelled lobster

Salt and freshly ground black pepper, to taste

Lemon juice, to taste

For the Topping:

1 egg, beaten with a bit of cream or water

2 sheets puff pastry, thawed according to package directions

For the Creole Seasoning:

1 1/2 teaspoons onion powder

1 1/2 teaspoons garlic powder

1 1/2 teaspoons dried oregano

1 teaspoon dried sweet basil

1 1/2 teaspoons dried thyme

1/2 teaspoon black pepper

1/2 teaspoon white pepper

1/4 to 1/2 teaspoon cayenne pepper

1/2 teaspoon celery seed

DIRECTIONS

1. Preheat your oven to 400 degrees : Fahrenheit.
2. Start the roux by melting 1 stick of butter in a heavy-bottomed Dutch oven or cast-iron pot over medium heat.
3. Whisk in the flour and continue whisking very frequently for 15 to 20 minutes, until the roux turns a deep chocolate brown. Be careful not to let it burn.
4. In a separate skillet, melt 2 tablespoons of butter over medium-low heat.
5. Add the onions with a pinch of salt and cook for about 2 minutes.
6. Add the peppers, celery, and : Creole seasoning, then cook for another 5 minutes.
7. Stir in the garlic and cook for 30 seconds to 1 minute, just until fragrant.
8. Add the vegetable mixture to the finished roux.
9. Stir in the okra, peas, stock, : Worcestershire sauce, hot sauce, and bay leaves.
10. Bring the mixture to a boil, then reduce to a simmer and cook uncovered for 20 minutes so it thickens.
11. On a lightly floured surface, roll the puff pastry to about 1/8-inch thick.
12. Cut 12 circles slightly larger than the tops of your 8-ounce ramekins, then poke small holes or slits in each one.
13. Stir the green onions, cilantro, parsley, seafood, and heavy cream into the gumbo.
14. Taste and adjust with salt, black pepper, and lemon juice as needed.
15. Ladle the gumbo evenly into 12 ramekins.

16. Brush the outside rim of each ramekin with egg wash.
17. Place a puff pastry circle on top of each ramekin, crimp as desired, and brush the tops fully with egg wash.
18. Set the ramekins on baking sheets and bake for 20 to 25 minutes, until the pastry is browned and crisp.

SWAPS & NOTES

Small seafood pieces work best because they fit neatly into the ramekins and cook quickly without turning rubbery.

Lump crab is especially nice here because it adds sweetness and richness without requiring extra cooking time.

Seafood stock gives the filling the deepest flavor, but chicken or vegetable stock also works well.

Puff pastry adds a dramatic, flaky top, but you could adapt this into one larger casserole if needed.

TIPS FOR SUCCESS

The roux is the heart of this recipe, so do not rush it.

A properly developed dark roux gives the gumbo its signature depth, color, and flavor.

Stir often and keep the heat steady so it turns deep brown instead of burning.

Another important tip is to wait until the end to add the seafood.

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