



MONICA MINGO'S CREOLE JUMBO GUMBO RECIPE

INGREDIENTS

TRINITY

4 cups diced yellow onions
4 cups celery
2 large bell peppers
8 Bay leaves

ROUX

1 ½ cups flour
1 ½ cups vegetable oil

MEAT

2 ½ - 3 pounds sausage – Browned in skillet and drained.
5 pounds chicken wings – Cut into wingettes, seasoned with Creole seasoning, garlic powder and cayenne pepper, browned in skillet and drained.
2 – 3 pounds smoked turkey necks
2 pounds chicken gizzards

*OPTIONAL VEGGIE

2 pounds of cut okra

RICE

Cooked brown rice

SEAFOOD

3 – 6 ounce cans of lump crab meat
3 pounds Gulf shrimp – Peeled and deveined.
6 steamed blue crabs – Shelled, cleaned and broken in half.

SEASONINGS

Tony Chacherie Creole Seasoning
(<http://shop.tonychachere.com/original-creole-seasoning-325-oz-p-21713.html>)
Garlic Powder
Cayenne Pepper
Red Pepper Flakes
Green onions – Thinly sliced.
1 tablespoon tomato paste (easiest is to use the tube)

LANGIAPPE

2 Zataran's Boil in bag crab boil.
(<http://shop.zatarains.com/zatarains%C2%AE-crab-shrimp-boil-%E2%80%93-dry-p-1574.html>)
2 – 28 ounce cans of diced tomatoes
1 – 32 cup jar of Herb Ox Chicken granules
(<http://www.hormelfoods.com/brands/herb-Ox/default.aspx>)

INSTRUCTIONS

****NOTE: The most important thing about cooking is that you develop a taste for what you want so you have to TASTE a lot and adjust accordingly. These instructions may change dramatically based on the type of stove you're using (gas or electric...I use gas...ALWAYS gas), the water in your area, the altitude, and the type of pot you're using. The greatest equalizer is your palette. TASTE as you cook.**

1. Have Trinity ready in one big bowl before you start roux.
2. Add oil and flour to pot with very heavy bottom. Keep stirring, using a long handled wooden spoon, over medium – high heat until the roux is the color of a bar of dark chocolate. Please use common sense. If the roux doesn't thicken properly, the oil or flour might be old so, even if it's the color of a dark chocolate bar, if it isn't thick, add flour by the quarter cup and keep stirring until it gets thick.
3. Add TRINITY.
4. Season with garlic powder, red pepper flakes and Creole seasoning. Cook, after lowering the temperature to half of what it was, for 10 minutes or until onions are translucent.
5. Add Herb Ox Chicken granules and 32 cups of water. Stir and mix well.
6. Add smoked turkey necks, chicken gizzards, diced tomatoes, Zataran's boil in bag seasoning and 2 cans of lump crab meat. Bring to boil. **THIS IS THE BASE OF YOUR GUMBO. THIS IS WHERE THE FLAVOR LIVES!!!!!!!!!!!!**
7. **TASTE.** Add Creole seasoning per your taste.
8. Add chicken wings and sausage and a teaspoon of red pepper flakes. Lower heat to medium. Let simmer until chicken is cooked which usually takes between an hour and an hour and a half. Stir every 15 – 20 minutes to ensure no sticking on the bottom of the pot.
9. **TASTE.** Adjust seasonings accordingly.
10. Cover the bottom of a large skillet with vegetable oil and put in okra and one tablespoon of tomato paste. Cook, stirring constantly, until the "slime" is gone. The tomato paste will help with this.
11. Add *okra, crabs, last can of crab meat and shrimp to pot.
12. Cook until shrimp is done which is usually about 20 minutes.
13. Turn off heat, add green onions and keep covered for 30 minutes. Remove boil in bags.
14. **ENJOY AND PASS ALONG THIS RECIPE TO THOSE YOU LOVE!**