



## JJ'S SEAFOOD GUMBO

Serves: 4-6

Prep Time: 20 Minutes

Cook Time: 1 Hour 25 Minutes

### INGREDIENTS

4 Tablespoons Salted Butter  
¼ Cup Vegetable Oil  
½ Cup All-Purpose Flour  
1 Cup Minced Yellow Onion  
4 Cloves Garlic, Mince  
¼ Cup Minced Celery  
½ Cup Minced Red Bell Pepper  
½ Cup Grape Tomatoes, Halved  
½ Cup Whole Dried Shrimp\*  
¾ Cup Gumbo Spice Mix  
1 Tablespoon Tomato Paste  
5 Cups Chicken Stock  
1 Cup Fresh Okra Cut into Rounds  
(Frozen If Fresh Is Unavailable)  
2 Tablespoons Fresh Lemon Juice  
2 Teaspoons Worcestershire Sauce  
½ Cup Garlic and Herb Chicken  
Sausage  
½ Pound Bay Scallops  
1 Cup Whole Fresh Gulf Shrimp,  
Peeled and Deveined  
Kosher Salt & Freshly Ground Black  
Pepper  
4 Cups Cooked Jasmine Rice  
Fritos Corn Chips

### INSTRUCTIONS

In a heavy 4- to 5-quart pot, heat the butter and oil over medium heat. Once the butter begins to bubble slightly, add the flour and stir with a wooden spoon to form a smooth paste.

Cook the mixture for about 10 minutes to make a chocolate-colored roux. While the roux cooks, make sure to stir continuously, scraping the bottom and sides of the pot to avoid burning. It is important to keep a very close eye on the roux during this step. The roux can go from a complex nutty color and aroma to burnt beyond repair in a matter of minutes.

After the roux turns from a smooth peanut butter color and consistency to one resembling rich chocolate, add the onion, garlic, celery, bell pepper, and tomatoes; this will stop the roux from overcooking and burning. Lower the heat and cook the vegetables over medium heat for 10 minutes. Add the dried shrimp, spice mix, and tomato paste and cook for 5 minutes.

Slowly whisk in the stock and stir until the stock is completely blended with the roux and vegetable mixture. Add the okra, lemon juice, Worcestershire sauce, sausage, scallops, and shrimp and let simmer for about 1 hour over very low heat, stirring occasionally with the wooden spoon.

Season the gumbo to taste with salt and pepper and serve over the rice. Top with handful of Fritos.

#### **Chef JJ's Kitchen Tip:**

*The roux is at the heart of every delicious gumbo made. It is important to not rush the roux making process. Watch it closely and let the flavors develop at the proper time.*

*\*Dried shrimp adds a great layer of umami and can be found at Asian Markets or online*