

# GOURMET FISHING

Season IV- Episode 06



INFO-SHORTS



Free Download

Subscribe to our YouTube channel - Gourmet Fishing



## Charleston Seafood Gumbo



Host, Chef & Guide, David Murray





# Contents

Thank you for downloading our Info-Short recipe

- 3 Grocery List - Charleston Seafood Gumbo
- 4 Charleston Seafood Gumbo



Charleston Seafood Gumbo





## Grocery List

# Charleston Seafood Gumbo

Butter	Sweet Onion	Parsley	lemon
Flour	Celery Stalks	Cayenne Pepper	Salt
Water	Bell Pepper	Shrimp, 30 count	Browning Sauce
Chicken Broth	Jalapeno Pepper	Crab Meat	Cooked Rice
Okra	Fresh Thyme	Fish, Snapper, or	
Tomatoes	Fresh Long Leaf	Grouper	



Charleston Seafood Gumbo Ingredients

# Charleston Seafood Gumbo



10 Servings  
Ingredients

## **ROUX**

6 Tbs Butter  
6 Tbs Flour

## **BASE**

3 cup Water  
3 cups Chicken Broth  
1# Okra, chopped  
14oz can peeled diced tomatoes  
1 medium sweet Onion, grated  
3 Celery Stalks, grated  
1 medium Bell Pepper, minced  
1/2 large Jalapeno Pepper, minced

4 sprigs Fresh Thyme  
4 sprigs Fresh Long Leaf Parsley  
1/4+ tsp Cayenne Pepper  
1# raw shrimp, 30 count  
1/2# Crab Meat  
1# Fish, snapper, or grouper  
Zest 1 Lemon  
Juice 1 lemon  
Salt to Taste  
1 Tbs Browning Sauce

## **Optional Thicken Slurry**

2 Tbs Flour  
4 Tbs Hot waterooked Rice

In a heavy bottom pot, melt the butter and add the flour and stir into a paste. Cook the roux to the dark stage without burning. It should be a dark rich brown color.

Add the water, tomatoes, okra, onion, celery and bell pepper. Tie the thyme and parsley together using butcher's twine and bruise the herbs to help release the flavorful oils. Add to the pot along with the Cayenne pepper.

Bring to a boil and then reduce the heat to low and cook slowly for about 1 hour.

After 1 hour, stir the gumbo and then add the seafood; shrimp, crab meat, and fish fillet. Dice the fish into bite-size pieces—Add the fish and cook for 5 minutes. Add the crab and cook for an additional 5 minutes. Then add the shrimp, turn off the heat and let sit for 5 more minutes. A total of 15 minutes for the seafood. Add the juice of one lemon and salt to taste, stir to combine. If the gumbo is not as thick as desired, combine 2 Tbs flour & 4 Tbs hot water and stir to combine. Stir in half of the flour slurry into the gumbo and bring back to a boil. This should thicken your gumbo but add more if necessary.

Spoon the Charleston Gumbo over white rice and enjoy.



# Gourmet Fishing



We catch fish, and then, We cook our catch...

Cha



Murray Development, LLC  
Salt Marsh Apparel  
PO Box 771 Goose Creek, SC 29445



THE ORIGINAL  
SALT MARSH  
DIRT SHIRT

