

Mott & Hester Deli Seafood Gumbo

1 medium onion, chopped
1 green bell pepper, chopped
1 red bell pepper, chopped
1 ½ cups celery, chopped
4 tsp. fresh garlic, minced
¾ cup vegetable oil
¾ cup flour
2 lbs. cut okra, frozen
1 large tomato, chopped
2 bay leaves
2 Tblsp. Old Bay seasoning
1 ½ Tblsp. salt
1 tsp. black pepper
1 tsp. thyme
½ tsp. cayenne pepper
2 qts. chicken stock, fish stock or water
2 lbs. medium shrimp, peeled and deveined
8 oz. claw crab meat

Saute onion, bell peppers, celery and garlic in vegetable oil over medium heat until soft. Add flour to make a roux and whisk until light brown. Add okra and stir until cooked down to small pieces. Add tomato and spices. Stir in half of stock and bring to simmer. Add shrimp and let cook slightly. Add remaining stock slowly and let simmer until the right consistency. Add crabmeat. Taste for seasoning and adjust as necessary.