

Ham & Sausage Gumbo

Rose Product used: Ham, Andouille Sausage



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2 Tbls olive oil
1 pound small okra, wash and snip off the ends. Cut into 1/4-inch pieces.
1/2 of a yellow onion diced
4 fresh roma tomatoes - peeled, seeded and chopped
1/2 of a green bell pepper seeded and diced
1 rib celery diced
1 teaspoon garlic, minced
2 bay leaves
pinch of salt
1/8 teaspoon cayenne pepper
1 cup chopped Rose Diced Ham (Tavern or Pit Ham leftovers work well)

1 cup Rose Andouille Sausage, pre-cooked and sliced
2 cups frozen or homemade fish or seafood stock
1 tsp creole seasoning
1/2 tsp Filé powder
1/2 pound medium shrimp, peeled and deveined
1 tbls chopped parsley
1 tbls chopped green onions
1 small hot red pepper sliced, discard seeds (optional)
1 cup pre-cooked white basmati rice (optional)

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Cooking Directions:

In a medium pan, heat the oil over medium-high heat. Fry the okra, stirring constantly for about 10 minutes. Add the onions, tomatoes, bell peppers, celery, garlic, bay leaves, salt, and cayenne. Cook stirring gently until the vegetables are soft, 10 to 15 minutes. Add the ham and andouille Sausage, cook stirring constantly for 2 minutes more. Add the stock, creole seasoning and filé powder and bring to a simmer. Reduce the heat and cook another 5 minutes while stirring constantly. Add the shrimp and cook for about 3 more minutes until shrimp are pink and cooked through. Add rice if desired. Evenly distribute the gumbo in soup bowls and garnish with parsley, green onions and red pepper if desired. Serves 8 as small appetizer or 4 as entree.

Chef's Note: Filé Powder (pronounced fee-lay) is a New Orleans style seasoning made from dried crushed Sassafras leaves.

