

$\frac{1}{2}$ qt. cold water	3 whole bay leaves, crushed	$\frac{1}{2}$ tsp. dried thyme	$\frac{1}{2}$ tsp. salt	$\frac{1}{4}$ tsp. freshly ground black pepper
$\frac{1}{4}$ tsp. cayenne	4 tsp. fresh lemon juice	$\frac{1}{2}$ tsp. whole allspice	$\frac{1}{2}$ tsp. mace	8 whole cloves
$\frac{1}{2}$ qt. cold water	3 whole bay leaves, crushed	$\frac{1}{2}$ tsp. dried thyme	$\frac{1}{2}$ tsp. salt	$\frac{1}{4}$ tsp. freshly ground black pepper
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THE LIQUID AND THE SEASONINGS

22	c. chopped onion	1/3 c. chopped green pepper	2 lb. whole fresh shrimp, peeled and deveined	1 lb. gumbo crabs, broken in half *	2 lbs. finely minced fresh parsley	1 1/2 c. coarsely chopped Creole	2 lb. fresh okra, stems and tips removed,	sliced 3/8 inch thick	1/2 c. coarsely chopped Creole	(beefsteak, Jersey) tomatoes (2 medium)	THE ROUX	3/4 c. vegetable oil 3/4 c. flour
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THE GUMBO BASE

The basic New Orleans seafood gumbo. Gumbo crabs are the hard shell crabs we use for cooking; any hard shell crab available in your area can be used. Whether you eat the cooked crab served in the gumbo is a matter of taste—some of us do and some of us don't. A delightfully extravagant variation is to use lump crabmeat in addition to or as a substitute for hard shell crabs. We like chopped smoked sausage in this gumbo because it adds a fine, smoky flavor. Reserve half of the shrimp, and if you use it, half the lump crabmeat, then add them just a few minutes before the end of cooking time. This way your gumbo will have both the cooked-in taste of shrimp and also some good firm shrimp for eating. Be sure to have everyhing else ready before you start the roux because you can't do all that chopping and tend the roux at the same time.

SHRIMP AND CRAB OKRA GUMBO

GUMBOS & SOUPS