

Gumbo

Revised 12-01-24

Dianna (Lehr) Phillips, granddaughter

*Relation to Andy and/or Flora Lehr

Ingredients

Chicken or leftover carcass	One
Salt, pepper, cayenne pepper to taste	
Sausage	½ to 1 pound
Okra	2 cups
Bell Pepper	One
Garlic	3 pods
Onion	One large
Bay leaves	3
Basil	1 tsp
Thyme	2 tsp
Tomatoes	2
Fat or Oil	3 Tbsp
Flour	3 Tbsp
Stock	
Rice (side dish)	1 cup
Shrimp, oysters, crab (optional)	

You may also use a leftover turkey, ham or duck carcass in place of chicken

Directions

1. Cook one chicken in water with salt, pepper and cayenne pepper to taste until tender
2. Remove meat from bone in slivers, save stock
3. In large pot, sauté ½ to one pound sausage
4. Remove sausage from pot
5. Sauté 2 cups okra, 1 chopped bell pepper, 3 pods chopped garlic, 1 chopped large onion
6. Sauté 3 bay leaves, 1 tsp basil, 2 tsp thyme in sausage drippings
7. Stir frequently to prevent burning or sticking
8. Add 1 chicken and one cup stock
9. Let gumbo mixture simmer
10. The roux is made in a small pan, preferably cast iron
11. Heat 3 Tbsp fat or oil over medium heat until it is just about to smoke

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12. Add 3 Tbsp flour, stirring constantly
13. It should take 3 to 5 minutes to turn dark brown
14. Be careful not to burn
15. When roux is done, remove from heat, and let cool 5 minutes
16. Slowly add 1 cup of hot stock, stirring it so it won't lump
17. Add this to gumbo.
18. You may also add shrimp, gumbo crabs, crab claws or crabmeat and oysters
19. Season to taste with salt and cayenne pepper
20. Simmer 2 to 3 hours
21. Serve over rice
22. If okra is not used in gumbo, sprinkle 1 tsp of file in each bowl after gumbo has been served

Yields 12