

FOOD

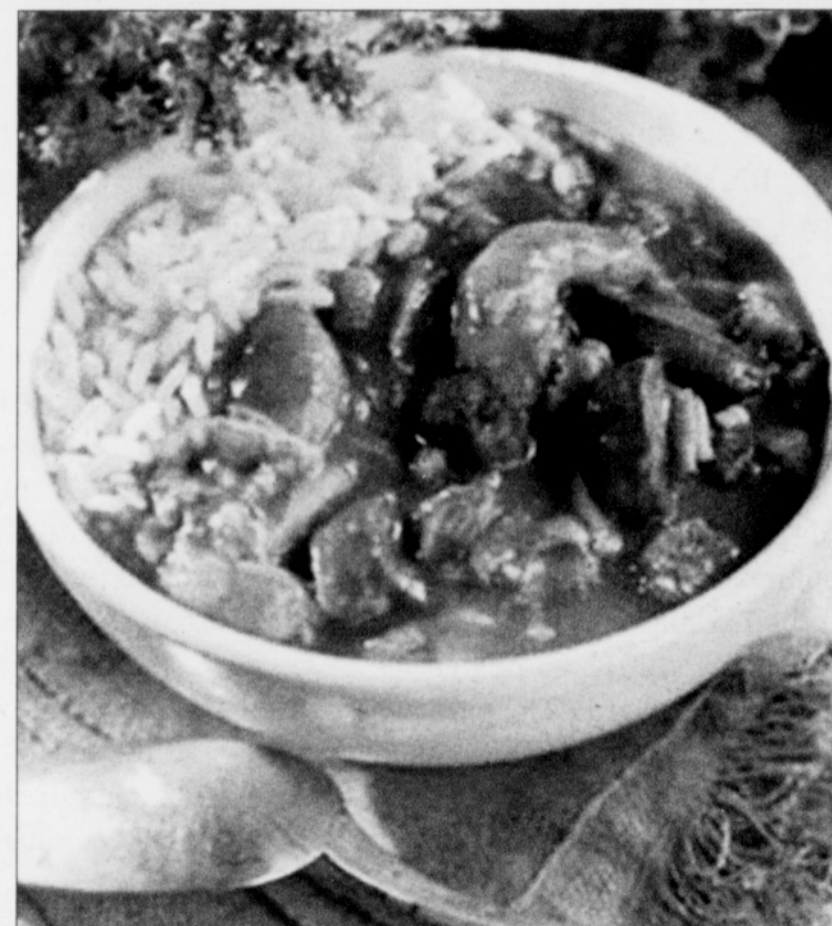
Low-fat Shellfish Gumbo

Ingredients:

- 1 1/3 cups all-purpose flour
- 1 1/2 pounds unpeeled, medium-size fresh shrimp
- 8 3/4 cups chicken broth, divided



- 1 large onion, chopped
- 1 cup chopped celery
- 1 cup chopped green bell pepper
- 4 garlic cloves, minced
- 1 pound light Cajun sausage, sliced
- 2 tablespoons tomato paste
- 1/2 teaspoon salt
- 1 1/2 teaspoons fresh thyme
- 1 1/2 teaspoons chopped fresh oregano
- 1/4 teaspoon peppers
- 1/4 teaspoon ground red pepper
- 2 bay leaves
- 1 1/2 cups fresh sliced okra
- 1/2 pound lump crabmeat
- 1/2 pound crawfish tails, rinsed
- 1 (12-ounce) container fresh oysters, undrained
- Hot cooked rice



Preparation:

1. Place flour in a 15- x 10-inch jellyroll pan. Bake at 350° for 1 hour and 15 minutes or until a dark golden brown, stirring every 15 minutes. Set aside; cool.

2. Peel shrimp, reserving shells; devein, if desired. Set meat aside.

3. Combine shrimp shells and 5 1/2 cups chicken broth in a large Dutch oven; bring to a boil. Reduce heat, and simmer 15 minutes. Pour mixture through a wire-mesh strainer into a bowl, discarding shells. Keep broth warm.

4. Coat a large Dutch oven with cooking spray; add onion and next 3 ingredients, and sauté until vegetables are crisp-tender. Add sausage, and sauté 5 minutes. Add tomato paste and 5 1/2 cups warm broth, and stir well.

5. Spoon browned flour into a medium bowl. Gradually whisk in 1 1/2 cups chicken broth. Add to broth mixture, and simmer 1 hour, skimming as necessary. Add remaining 1 3/4 cups chicken broth, salt, and next 6 ingredients; simmer 5 minutes or until okra is tender. Discard bay leaves.

6. Drain crabmeat, removing any bits of shell. Add crabmeat, shrimp, crawfish, and oysters to gumbo; return to a boil. Reduce heat, and simmer, uncovered, 10 minutes or until shrimp turn pink and edges of oysters begin to curl. Serve over hot rice.

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