

SEAFOOD AND CHICKEN GUMBO
Personal Recipe from Chef Kamilah Robinson

Serves 4-6

INGREDIENTS

- 1/2 cup oil
- 1 medium green bell pepper, diced
- 1 medium white onion, diced
- 1/2 cup all-purpose flour
- 4 cups water
- 2 pounds chicken wings
- 2 1/2 teaspoons seasoned salt, divided
- 14 ounces andouille sausage, cut into half-moon slices
- 1 pound crab leg clusters, rinsed
- 1 1/2 pounds medium shrimp, cleaned and deveined
- 1 teaspoon garlic powder
- 1 1/2 teaspoon seasoned salt
- 1/2 teaspoons black pepper
- 1/2 teaspoon cayenne pepper, if desired
- 1/4 teaspoon gumbo filé, if desired
- 2 cups cooked white rice

DIRECTIONS:

1. Heat oil in a large stockpot over medium heat for 5 minutes. Add onion and bell pepper and cook for 2 minutes. Add flour and reduce heat to medium-low. Cook, stirring constantly for 10 minutes, until a dark roux forms.
2. Slowly add water, stirring constantly until roux is dissolved.
3. Season chicken wings with 1 teaspoon of seasoned salt and add to water. Increase heat to high and bring to a boil. Once the liquid begins to thicken, add sliced andouille, and crab legs, breaking apart if necessary.
4. Reduce heat and simmer for 7-10 minutes, carefully skimming fat off top of liquid. Add shrimp, garlic powder, black pepper, and remaining 1 1/2 teaspoons seasoned salt. Add cayenne and gumbo filé if using.
5. When shrimp is fully cooked, remove from heat.
6. Serve over 1/2 cup cooked white rice.

*Always use caution when handling sharp objects and hot contents.
Please supervise children who are helping or nearby.*