



GLUTEN FREE SHRIMP & EGG GUMBO




LafayetteTravel.com/Gumbo

Compliments of: Mandy Migues

Gluten Free Shrimp & Egg Gumbo

Ingredients:

6	Eggs
1	Large Onion
¼ c	Fresh Parsley
¼ c	Green Onion
1	Green Bell Pepper
2 lb	91 Count Shrimp, Peeled, Cleaned and Deveined
2 tsp	Slap Ya Mama or Cajun/Creole Seasoning
4 qt	of Water, Shrimp Stock or Combination
1 c	White Rice Flour
¾ c	Vegetable Oil
½ tsp	Cayenne Pepper

Hard Boiled Eggs:

Gently place eggs in small pot on stove.

Cover eggs with 1 inch water.

Turn stove on high until water is just boiling.

Turn off heat and cover pot with lid.

Let eggs sit for 13 minutes in water.

Peel eggs under cold water.

Set aside peeled eggs in bowl for later.

Dice onion, green onion and green bell pepper to preferred thickness and finely chop parsley. Set aside for later.

Rinse shrimp under cool water. Season with 1 tsp of Slap Ya Mama or Cajun/Creole seasoning of your choice. Set aside for later.

In large pot start water, shrimp stock or combination of both on a low boil for later.

Mix white rice flour and vegetable oil in a small cast iron skillet continuously stirring on medium heat until you reach the desired color of roux. Depending on your preference of darkness the roux will take anywhere from thirty minutes to an hour. Once you have reached the color of roux you desire turn off the heat and add a handful of onion and green bell pepper, continuing to stir until the skillet cools. Once the skillet has cooled set aside for later.

When liquid in pot begins boiling add remaining onion, green bell pepper, parsley and green onion and cook for five minutes on high heat.

Add roux to the boiling water one spoonful at a time until dissolved.

Cook mixture for 10 minutes on medium to high heat.

Add peeled eggs to pot and cook for another 10 minutes.

Add remaining seasoning and cayenne pepper.

Add shrimp to pot and cook for 10 minutes or until cooked through. Shrimp should be firm and completely white with a little pink on the outside.

Adjust seasonings to taste with salt and pepper.

Serve gumbo over steamed rice.



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