

# Seafood Gumbo

Disney's Animal Kingdom Lodge

Boma

## Ingredients

- 2 cups Clam Juice
- 2 cups #10 Diced Tomatoes, drain half
- 1 cup Fish Stock (made from 1 cup water and 2 t. fish base)
- ½ cup Onions, diced
- ½ cup Celery, diced
- ¼ cup Red Bell Peppers, diced
- ¼ cup Green Bell Peppers, diced
- ¼ cup Okra, diced
- 2 cups Shrimp (31/35), peeled and deveined
- 2 cups Scallops (81/85), diced
- ½ cup Sausage (spiced), diced
- ½ tsp Oregano, chopped
- ½ tsp Basil Leaves, chopped
- ½ tsp Granulated Garlic
- ½ tsp Thyme, chopped fine
- 1 each Bay Leaf
- ½ tsp Gumbo File
- Cayenne Pepper to taste
- Roux (1/3 cup butter and 2/3 cup flour)



## Directions

1. Make a brown roux (toast flour until a dark color.)
2. Add clam juice, tomatoes, fish stock, and all the spices. Let simmer until thick and hot.
3. Add vegetables and continue to simmer until vegetables are half done.
4. Add the rest of the ingredients and cook until seafood is done. (Do not overcook the seafood.)

