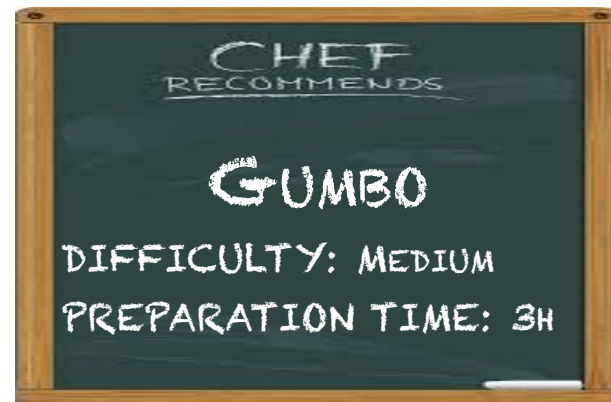




Food Corner #27 **GUMBO**

Gumbo is a dish that originated in **West Africa**, but which is more known today for being a dish in the state of **Louisiana in the 18th century** on account of the large population of African-American slaves (entrusted with cooking for white slave-owners as well). It consists primarily of a strongly-flavored stock, meat or shellfish, a thickener, and what Louisianians call the "**Holy Trinity**" of vegetables – **celery, bell peppers**, and **onions**. Gumbo is often categorized by the type of thickener used: the vegetable **okra**, the Choctaw spice **filé powder** (dried and ground sassafras leaves), or **roux**, the French base made of flour and butter. The dish likely owes its name to either a word from a Bantu language meaning 'okra' (*ki ngombo*) or the Choctaw word for 'filé' (*kombo*). Several different varieties exist, such as **Creole gumbo** (containing shellfish, tomatoes, dark roux, and filé) and **Cajun gumbo** (based on a dark roux and made with shellfish or fowl). After the base is prepared, vegetables are cooked down, and then meat is added. The dish simmers for a **minimum of three hours**, with shellfish and some spices added near the end. If desired, filé powder is added after the pot is removed from heat. Gumbo is traditionally served over **rice**.



Click on the Picture for a Video of this **RECIPE**