



# GUMBO

Gumbo originated in **Southern Louisiana** in the **18<sup>th</sup> century**. It is a **stew** whose main ingredients are meat or seafood seasoned with celery, bell peppers, onions and a thickener. This may be **okra** (African), **filé powder** (Creole) or **roux** (French)– a triple version that bears witness to the mixed origins of this dish, which masterfully represents the melting pot of languages and cultures that **New Orleans** makes.



Click on the pictures for a variation on this traditional **RECIPE!**

