Jolana Bar and Grill

Italian Sausage and Shrimp (Gumbo)

Ingredients

1 Pound of frozen or fresh shrimp (peeled)

2 Italian Sausages or whatever you prefer, chopped

1 cup of Okra fresh or frozen

½ cup of green or red bell pepper

½ cup of onion, chopped

½ cup of celery, diced

1 can (14 ounces) whole tomatoes, I prefer to use the Cherry ones

1 Bay leaf

½ Teaspoon of Cajun spices

¼ teaspoon of salt

¼ teaspoon of pepper

Parsley and Lemon wedge for garnish

Hot sauce (optional)

Method

If using frozen shrimp make sure they are thawed.

Pre cook the sausage until it has a nice colour and is cooked through. Keep until needed.

In a hot skillet with a little oil, fry the onion until golden but still holding its shape. Add the celery, and the chopped peppers and cook for 1 to 2 minutes.

Add the bay leaf, the Cajun spices and the can of tomatoes. Make sure to squash the tomatoes into the juices. Cook for a few minutes on a medium heat, keep stirring until the sauce begins to bubble and is nice and hot.

Season with the salt and the pepper. Taste, if more seasoning is required then please add a little more.

Add the pre-cooked sausage, stir into the sauce until its warmed through.

Then add the Shrimp and cook until the shrimp turns pink.

Remove the bay leaf.

Serve in bowls with the garnishes and the hot sauce if using.

Serve with Cauliflower rice, rice or crusty bread.

Note:

This can also be cooked in a 6-quart slow cooker, combine the shrimp, sausage, okra, bel peppers, onion, celery, tomatoes, bay lead and Cajun seasoning, salt and pepper.

Cook and cover on low for 4 hours or on high for 2 hours or until the shrimp is opaque and the vegetables are cooked through. After the 2 or 4 hours, turn the slow cooker to high if using the low setting, add 2 Tablespoons of tapioca flour stirred into 1 Tablespoon of cold water and add to the pot. Cook for 3 minutes on high until the sauce has slightly thickened.