Taste and Savor

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4

1 Quick Recipe:

Seafood Gumbo

1 Cup Whole Wheat Flour
1 TB Olive Oil
2 TB Smoked Paprika
2 Cups Chopped Yellow Onion
1 Cup Chopped Red Pepper
1/2 Cup Chopped Celery
Sea Salt and Black Pepper
4 Garlic Cloves, Grated
1 (15 oz) Can Diced Fire Roasted Tomatoes
1 TB Cajun Seasoning
4 Cups Veggie Broth
2 Bay Leaves
1 (8 oz) Crab Meat
1 LB Medium Shrimp, Peeled and Deveined
1 Tsp – 1 TB Hot Sauce

To Serve:
Cooked Brown (or white) Rice, Chopped Parsley, Sliced Green Onions

Step One Place the flour in a 9 or 10-inch cast-iron skillet; cook over medium heat 30 - 40 minutes or until nicely browned, stirring occasionally with a whisk. Remove from the heat.

Step Two Heat the oil in a stockpot. Add the paprika, onion, red pepper, celery and a good sprinkle of salt and pepper; sauté until vegetables are tender. Add the garlic and cook and stir until fragrant. Add the tomatoes, Cajun seasoning, stock and bay leaves, and bring to a boil. Gradually add the browned flour. Reduce heat; simmer, uncovered, for 20 minutes, stirring occasionally.

Step Three Remove and discard the bay leaves. Add the shrimp and cook for 3-4 minutes or until the shrimp just begin to pink. Add the crab and hot sauce. Taste and season with salt and pepper. Serve the gumbo over rice, garnished with chopped green onions.

2 Kitchen Scoop

Traditionally Gumbo is made with a Roux - or mixture of oil and flour stirred until it becomes brown and toasty. I've substituted the roux with toasted flour, which gives much of the same flavor without all the fat!

3 Clever Idea

Fire Roasted Tomatoes are roasted and peeled before being canned. Anytime a vegetable is roasted, additional flavor is added. Try using the fire roasted tomatoes to ramp up the taste in any dish that calls for tomatoes!

4 Cheers!

King Estate Pinot Gris
Willamette Valley, Oregon
About $16.00

I asked one of my favorite "wine-o" friends her pairing for this fun and untraditional seafood gumbo. Not surprising she chose this easy drinker from the Willamette Valley. Oregon grown and made - it's chock-full of creamy peach, lime and lemon flavor with a full rich round feel in the mouth. A super wine to stand up to the rich gumbo, without overwhelming it.

Nancy Waldeck nwaldeck@tasteandsavor.com