



Taste and Savor

1 Quick Recipe:

Seafood Gumbo

1 Cup Whole Wheat Flour
 1 TB Olive Oil
 2 TB Smoked Paprika
 2 Cups Chopped Onion
 1 Cup Chopped Red Pepper
 1/2 Cup Chopped Celery
 4 Garlic Cloves, Grated
 1 (15 oz) Can Diced Fire-Roasted Tomatoes
 1 TB (Purchased) Cajun Seasoning
 24 - 32 Oz Veggie Stock
 2 Bay Leaves
 1 (8 oz) Container Crab Meat
 1 LB Medium Shrimp, Uncooked, but Peeled and Deveined
 1 Tsp - 1 TB Hot Sauce
 Sea Salt and Freshly Ground Black Pepper to Taste

To Serve:

Warm Brown Rice, Chopped Parsley, Thinly Sliced Green Onions

Step One Place the flour in a large cast-iron skillet. Cook over medium heat 30 - 40 minutes or until browned, stirring often. Remove from the heat.

Step Two Heat the oil in a stock pot. Add the paprika, onion, red

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4



pepper, celery, and garlic, sauté until vegetables are tender. Add the tomatoes, Cajun seasoning, stock and bay leaves, and bring to a boil. Gradually add the browned flour, stirring with a whisk. Reduce the heat and simmer for 20 minutes, stirring occasionally.

Step Three Remove and discard the bay leaves. Add the shrimp and cook for 2-3 minutes or until the shrimp just begin to pink. Add the crab and hot sauce. Taste for salt and pepper. Serve the gumbo over brown rice, garnished with chopped parsley and green onions.

2 Kitchen Scoop

Toasting the flour in a cast iron skillet is a great way to create a "faux roux". When I first heard about this technique - I thought NO WAY! Then after trying it myself, I loved it. You get all the deep smoky flavor of a roux without all the time, fat and calories of a traditional roux made with lots of oil.

3 Clever Idea

The first time I had a fat slice of garlic bread slathered with yummy red pepper spread was in Italy. I think its a perfect side for Gumbo, too! Find the recipe [HERE](#).

4 Cheers!

Dry Creek Chenin Blanc

Clarksburg, California
About \$13

The Chenin Blanc grape is native to the Loire Valley in France, where its produced as a sparkling, sweet or dry wine. This California one, is bright, crisp and full of the aromas of tropical fruit, and tastes lemony zesty and minerally - perfect to pair with the rich smoky seafood gumbo. Lots of quality for the price in this bottle!