



Maine Fishermen's Forum 2012
"Bourbon Street goes Downeast!"
Understanding an American Culinary Crossroad



SEAFOOD GUMBO

Serves: 6-8

<i>1 cup vegetable oil</i>	<i>2 pounds Maine shrimp, peeled and deveined</i>
<i>1 cup bleached all-purpose flour</i>	<i>2 pounds Louisiana Crawfish tails or cooked lobster meat</i>
<i>2 cups chopped yellow onions</i>	<i>1 pound of boneless chicken breasts, cut into medium pieces</i>
<i>1 cup chopped green bell peppers</i>	<i>Cooked long grain white rice, warm</i>
<i>1 cup chopped celery</i>	<i>Louisiana File' Powder (dried leaves of the sassafras tree)</i>
<i>1 pound smoked sausage, finely chopped</i>	
<i>Creole seasoning</i>	
<i>2 1/2 quarts shrimp stock, (chicken stock or water can be used)</i>	

- o In a large, heavy pot or a Dutch oven over medium heat, combine the oil and flour. Stirring slowly and constantly, make a dark brown roux, the color of chocolate, 20 to 25 minutes.
- o Add the chopped onions, bell peppers, chopped celery, and chopped sausage. Season with Creole seasoning. Cook, stirring, until the vegetables are very soft, 8 to 10 minutes.
- o Add the stock and chicken, stir until the roux mixture and broth are well combined.



- ⊖ Bring to a boil, then reduce the heat to medium-low and cook, uncovered, stirring occasionally, 2 hours.
- ⊖ Meanwhile, season the remaining seafood with Creole seasoning. At the end of the initial cooking period, add the seafood to the gumbo. Cook for an additional 15 minutes.
- ⊖ Remove from the heat and let sit for 5 minutes before skimming off the fat that has risen to the surface. Taste for seasonings and adjust. Serve the gumbo in individual soup or gumbo bowls with the rice. Pass the file' powder at the table.





REDFISH COURTBOULLION

Serves 3-4

*1 Tbl vegetable oil
1 cup thinly sliced onion
1 cup thinly sliced Bell Pepper
1 can (14oz) stewed tomatoes
1 cup seafood stock
2 cloves garlic, sliced
½ cup red wine
1 ½ tsp Cajun Spice
2-3 fresh Redfish fillets(any firm fish will work)*

- o Heat oil in large deep skillet on medium-high heat. Add bell pepper and onion; cook and stir 5 minutes or until lightly browned. Add tomatoes, garlic, stock and wine. Stir in Cajun spice.
- o Simmer uncovered until sauce thickens, about 20 minutes.
- o Bring to boil. Reduce heat to low; simmer 5 minutes. Add fish; simmer 8 to 10 minutes or until fish flakes easily with a fork, basting occasionally with poaching liquid.
- o Remove fish; keep warm.
- o Increase heat to high; cook 5 minutes or until poaching liquid is slightly reduced.
- o Serve fish topped with vegetables and some of the poaching liquid.
- o Serve with French bread for dipping.





JAMBALAYA

Serves: 4-6

1lb Maine shrimp
1 chicken breast, diced
1Tbl Cajun Spice
2 Tbl vegetable oil
¼ cup Onion, chopped
¼ cup Green Pepper, chopped
¼ cup Celery, chopped

2 Tbl Garlic, chopped
½ cup Tomatoes, chopped
3 bay leaves
1 tsp Worcestershire Sauce
1 tsp hot sauce
¾ cup rice, uncooked, NON-instant
3 cups Chicken Stock
½ lb Andouille or other smoked sausage

- o In a bowl combine shrimp, chicken and Creole seasoning, and work in seasoning well.
- o In a large Dutch oven or stock pot, heat oil over high heat with onion, pepper and celery, 3 minutes.
- o Add garlic, tomatoes, bay leaves, Worcestershire and hot sauce.
- o Stir in rice and slowly add broth.
- o Reduce heat to medium and cook until rice absorbs liquid and becomes tender, stirring occasionally, about 15-20 minutes.
- o When rice is just tender add shrimp and chicken mixture and sausage. Cook until meat is done, about 10 minutes more. Season to taste with salt, pepper and Creole seasoning.

