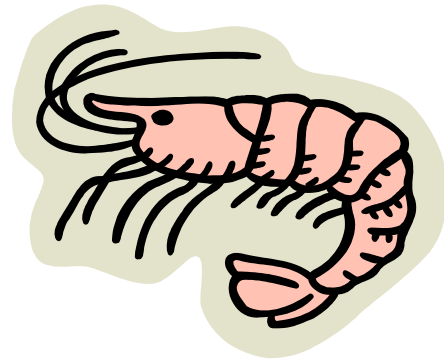
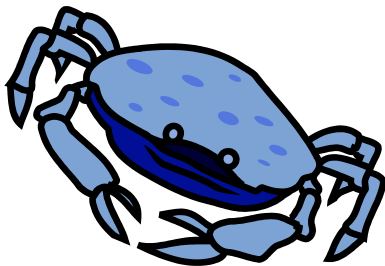


Pawley's Island Gumbo

1 cup vegetable oil
1 cup all purpose flour
8 stalks celery, chopped
3 large onions, chopped
1 green pepper, chopped
2 cloves garlic, minced
1/2 cup chopped parsley
1 to 2 pounds okra, sliced
2 tablespoons vegetable shortening
2 quarts chicken stock
2 quarts canned chicken broth
1/2 cup Worcestershire sauce
Tabasco sauce to taste
1/2 cup catsup
1 large, ripe tomato, chopped or 1 (1 pound) can tomatoes



2 tablespoons salt
4 slices bacon
1 to 2 bay leaves
1/4 teaspoon thyme
1/4 teaspoon rosemary
Red pepper flakes to taste
2 cups cooked chicken, shredded
1 to 2 pounds cooked crabmeat
4 pounds shrimp, uncooked
Lemon juice
Cooked rice

Heat oil in heavy pot over medium heat. Add flour very slowly, stirring constantly with wooden spoon until roux is medium brown, 30 to 45 minutes. Add celery, onion, green pepper, garlic, parsley. Cook additional 45 minutes to one hour. Fry okra in shortening until brown. Add to gumbo and stir well over low heat for a few minutes. (At this point mixture may be cooled, packaged, and frozen or refrigerated for later use.) Add chicken stock, water, chicken broth, Worcestershire, Tabasco, catsup, chopped tomato, salt, bacon, bay leaves, thyme, rosemary, and red pepper flakes. Simmer 2 1/2 to 3 hours.

About 30 minutes before serving time, add cooked chicken, crabmeat, shrimp, and a squeeze of lemon juice. Simmer 30 minutes or until shrimp are done. Check seasonings. Ladle gumbo over hot cooked rice. Enjoy!