



Fancy Florida Seafood Gumbo

Ingredients

- 12 ounces Florida oysters, drained
- 8 ounces Florida blue crab claw meat
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1 garlic clove, minced
- 1 tablespoon butter
- 1 teaspoon anise seeds
- 1 teaspoon salt
- 1/2 teaspoon sugar
- 1 teaspoon crushed red peppers
- 1 10-ounce package frozen okra
- 2 20-ounce cans diced tomatoes

Preparation

Remove remaining shell or cartilage from oysters and crab and set aside. Cook onion, celery and garlic in butter until tender. Add anise, salt, sugar, peppers, okra and tomatoes. Cover and simmer for 15 minutes. Add oysters and simmer an additional 15 minutes. Add crab and heat thoroughly. Serve over rice.

Yield

8-10 servings

Combine ingredients in small bowl. Serve as dipping sauce for cooked clams.

Yield

4 servings

Nutritional Value Per Serving

Calories 23, Calories From Fat 2, Total Fat 0.23 g, Saturated Fat 0.02g, Trans Fatty Acid 0, Cholesterol 0mg, Total Carbohydrate 5g, Protein 0.5g, Omega 3 Fatty Acid 0.00g



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