

THE GOURMANDISE SCHOOL

of sweets & savories

GOURMANDISE VIRTUAL CLASS

We are so excited that you will be joining us! Please scroll down to find the list of ingredients you will need if you plan to cook along.

MENU

SEAFOOD GUMBO * BEIGNETS

SHOPPING LIST

DAIRY

- 1 ¼ cups whole milk
- ¼ cup unsalted butter

PROTEIN

- 3 live medium Blue Crabs or substitute with snow crab legs
- 1/2lb shrimp, peeled and deveined
- 12 oysters, shucked, in liquid

PRODUCE

- 1.5lbs okra (fresh/frozen)
- 1 large yellow onion
- 1 green bell pepper
- 2-3 ribs celery
- 3 cloves garlic
- 1 bunch thyme

PANTRY

- Oil for frying – approximately 8 cups
- ¼ cup vegetable oil
- 1 Tbsp tomato paste
- 3 cups seafood stock
- ½ tsp cayenne pepper
- 1 tsp crushed red pepper flakes
- 1 tsp paprika
- 2 Bay leaves
- Black pepper and kosher salt
- 5 cups All purpose flour
- ¼ cups sugar
- 1 packet active dry yeast
- 2 cups powdered sugar
- 2 cups jasmine rice

Seafood Okra Gumbo

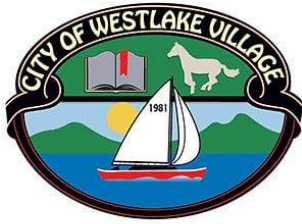
Serves 4-6

- ¼ cup vegetable oil
- 1.5lbs okra, sliced thin
- 2-3 medium blue crabs, live*
- ½ lb shrimp, peeled and deveined
- 12 oysters, shucked, in their liquid
- ¾ cup yellow onion, medium dice
- ¼ cup green bell pepper, medium dice
- ¼ cup celery, medium dice
- 1 Tbsp tomato paste

- 3 cups seafood stock
- 1 tsp crushed red pepper flakes
- ½ tsp cayenne pepper
- 1 tsp paprika
- 1 tsp garlic, minced
- ½ tsp whole thyme leaves
- 1 Tbsp kosher salt
- 2 bay leaves

Steamed rice, for serving

*If live Blue Crab is unavailable, you can substitute snow crab legs.



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Add oil to a deep, heavy pot set on medium high heat. Add okra. Heat must not be too high, as the okra needs to cook slowly. Stir the okra, slowly, cooking for 20 minutes. Add onions, green bell pepper and celery. Cook for another 15 minutes. Continue to stir to ensure the okra does not stick. Okra should be soft, not fried crispy. Add tomato paste and stir well. Slowly add the stock, then add crabs. Stir in crushed red pepper, cayenne pepper, paprika, garlic, thyme, salt and bay leaves. Cook for 10 minutes more, then add the shrimp and continue cooking for another 10 minutes. Add oysters and continue cooking for another 10-15 minutes. Serve over steamed rice.

Beignets

2 ½ tsp dry yeast (1 packet)
4 Tbsp warm water
3 ½ cups all-purpose flour
1 tsp salt
¼ cup sugar

1 ¼ cup whole milk
3 eggs, beaten
¼ cup butter, melted and cooled

Vegetable oil for deep frying
All-purpose flour for rolling out dough
Powdered sugar for dusting

Combine yeast and warm water. Stir to blend and set aside for 5-10 minutes. In a large mixing bowl, whisk flour, salt, and sugar until well blended. Stir in yeast, milk, eggs, and butter. Mix until dough is formed. Cover and set in a warm place to rise for an hour.

Heat vegetable oil in a large, heavy bottomed pot to 350 degrees Fahrenheit. Once risen, turn dough out onto a lightly-floured surface. Knead once or twice and roll out till ½ inch thick. Cut dough into 3-inch squares and place on a lightly-floured pan. Cover and allow to rest for 10 minutes.

Deep fry the beignets, 2-3 at a time, for approximately 2-3 minutes on each side or until golden browned and puffed. Remove beignets from oil, drain and dust generously with powdered sugar. Serve immediately.