

CAFE THOMPSON RECIPE

CAROLINA LOWCOUNTRY GUMBO (TURKEY, CRAB AND SHRIMP)

Carolina Lowcountry Gumbo is a regional seafood stew deeply influenced by traditions and the coastal bounty of the South Carolina and Georgia coasts. It is characterized by its bright, seafood-forward profile. While Cajun gumbo often centers on chicken and sausage, Carolina versions prioritize fresh-caught local proteins.

SERVES 6



INGREDIENTS

- 1/4 cup oil
- 1/4 cup flour
- 2 ounces green bell pepper, diced
- 1/2 cup onions, diced
- 3 ounces okra, cut into slices
- 1/2 cup celery, diced
- 3/4 teaspoon garlic cloves, minced
- 1 3/4 teaspoons paprika
- 1/4 teaspoon cayenne
- 1 teaspoon black pepper
- 2 teaspoons salt
- 4 ounces plum tomatoes, diced
- 1/2 teaspoon Worcestershire sauce
- 1 teaspoon gumbo file
- 1 ounce vegetable base
- 1 3/4 cups water
- 14 ounces shrimp, 26/30
- 1/4 cup tomato sauce
- 12 ounces sausage turkey
- 4 ounces lump crab meat

DIRECTIONS

In a saucepan, add the oil and flour and make a roux.

To the pan add the bell pepper, onions, okra and celery; cook until translucent for 6 minutes.

Add garlic, smoked paprika, cayenne pepper, black pepper and salt, and cook for 3 minutes.

Add the tomatoes, Worcestershire sauce, gumbo file and vegetable base. Stir until combined.

Add the water and bring to a simmer. Let it cook for 30 minutes on medium heat.

Add the shrimp, tomato sauce and turkey to the pan. Simmer over medium heat. Let cook for 10 minutes

Fold in the crab meat. Set aside.

