



Gumbo

a taste of history on the Floridian table

Gumbo is a meat and seafood stew that originated in the Cajun and Creole communities in Louisiana and spread as far as the Florida peninsula. *Gumbo* is a West African name for Okra which is a signature ingredient in the stew along with shellfish and/or meat, and the ‘trinity’ combination of celery, bell peppers, onions and sometimes tomatoes. The dish reflects a fusion of African, French, Spanish and Southeastern Native American influences.

To learn more about Florida’s culinary history, visit floridaheritagefoods.com

Young woman with a bowl of gumbo



19TH CENTURY OYSTER GUMBO RECIPE

30
MINUTES
TOTAL

3
TOTAL
SERVINGS

INGREDIENTS

chicken	oysters
onion	salt and pepper

DIRECTIONS

1. Cut up a chicken, sprinkle with flour, and fry in the vessel in which the gumbo is made.
2. When the chicken is nearly done, chop an onion and fry with it.
3. Pour on this three quarts of boiling water and let it boil slowly till the flesh leaves the bones; then add the liquor from the oysters, salt and pepper to taste, two table-spoonfuls of tomato catchup. Let this boil a short time, then add one hundred oysters, and allow them to boil only five minutes.
4. When taken from the fire, and before pouring into the tureen, sprinkle in two table-spoonfuls of file' or saffras powder.

Recipe adapted from Gulf City Cook-Book (1878) St. Francis Street Methodist Episcopal Church, South (Mobile, Ala.) pg.13

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FACTS

Okra is an ancient African crop that made its way to the Americas through the enslavement of African people. Highly nutritious and delicious, Okra became a staple food in southern American cuisine, and it remains a key ingredient in African-American 'Soul Food' cooking today. Easy to grow, Okra is enjoyed throughout the world in soups and stews, fried, baked, and sauteed.

Okra is rich in fiber, calcium, magnesium, vitamin C and vitamin B6.

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