



VIVA FLORIDA 500™
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Florida Gulf Shrimp and Okra Gumbo

Recipe by: Chef Justin Timineri, Florida's Culinary Ambassador



Ingredients:

2 pounds medium Florida Gulf shrimp – peeled and deveined
1/2 cup olive oil
2 pounds chopped Florida okra
1 tablespoon tomato paste
1 Florida tomato, chopped
1 cup chopped onion
4 cloves garlic, minced
1/2 cup chopped Florida celery
1/2 cup chopped green Florida bell pepper
6 cups water or low sodium vegetable stock
1/2 cup chopped green onions
Kosher salt and pepper to taste
Cayenne pepper to taste

Method:

1. Season the shrimp with salt, pepper and cayenne to taste and set aside.
2. Heat the oil in a large pot over medium heat. Add the okra and sauté for about 12 minutes, stirring occasionally. Add the tomato paste, tomato, onion, garlic, celery and green bell pepper and sauté for 15 more minutes. Add the water or stock and season to taste. Bring to a boil, reduce heat to low and simmer for 45 minutes. Add the shrimp and simmer for 6 more minutes. Finally, add the green onion to the soup and stir thoroughly. Serve with rice.