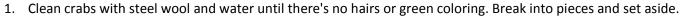
## Val's Seafood Gumbo

- 3 Crabs
- 1 lb Shrimp
- 1 large Onion
- 6 links
- 1 Bag frozen Okra chopped
- 2 lbs boneless chicken thigh
- 1 Large jar of chopped garlic
- 1 Box of shrimp crab boil seasoning
- Bay leaves
- Seafood magic seasoning (at Smart & Final)
- Salt pepper
- 3 stalks (pieces) Celery





- 2. Season and fry chicken as regular. Drain on paper towel. Use grease and flour to make a rouge. On low/med heat.
- 3. Stir oil and flour consistently until its thick and the color of dark chocolate without burning. It should also be thick like cake batter. If needed, keep adding flour a little at a time until it starts getting thick. Once dark chocolate and thick like batter, add to large pot 1/2 filled with water.
- 4. Chop and Sauté onion and celery in light oil.
- 5. Add celery and onion to pot of boiling water.
- 6. Sauté garlic in butter and add to pot.
- 7. Sauté the links cut into small pieces, add to pot.
- 8. Sauté Okra and add to pot.
- 9. Add fried chicken add all other ingredients except the crab and shrimp.
- 10. Season to taste.
- 11. Add crab and shrimp cook on low heat for another 2-3 hours.

