

CRAB-AND-OKRA GUMBO

This gumbo can be prepared, from start to finish, in less than an hour. Cooking okra in oil before adding liquid eliminates the sliminess that some people find unpleasant. Because this recipe does not include flour, it is a good choice for those on gluten-free diets.

1/4 cup vegetable oil
2 medium onions, chopped
2 stalks celery, chopped
1 pound okra, sliced
1 28-ounce can whole tomatoes
6 cups chicken stock or broth
2 bay leaves
1 teaspoon dried thyme leaves
Coarse salt and freshly ground black pepper to taste
Hot sauce to taste
1 pound claw crabmeat
1 pound lump crabmeat
1/4 cup chopped parsley
Steamed rice

In a large Dutch oven or heavy casserole, cook the onions, celery and okra in the oil on medium heat, stirring frequently until softened, about 10 to 15 minutes. Add the tomatoes, stock and bay leaves; break up the tomatoes with your fingers or a spoon. Bring to a boil; reduce the heat; and simmer, stirring occasionally, until the okra is tender, about 30 minutes. Season with thyme, salt, pepper and hot sauce. Add the crabmeat, and cook until crabmeat is just heated through. Add the chopped parsley. Serve with steamed rice. Serves about 6 to 8.

