



Cajun Gumbo

Blend No.2

Serves 4

Creole cooking at its best, it's easy and oh so tasty! We've used a meat substitute for a vegetarian version but this can simply be replaced with chicken, prawns or chorizo.

Copyright © SpiceMasters.co.uk. All rights reserved

Ingredients

2 celery sticks - sliced

2 green peppers - diced

2 medium carrots - peeled
and sliced

1 large onion - small diced

3 spring onions - sliced

3 tsp Spicemasters Cajun
spice mix

350g meat substitute pieces

300ml vegetable stock

3 tbsp plain flour

2 tbsp chopped parsley

Method

1. Prepare your ingredients.
2. Heat 2 tablespoons of oil in a large frying pan.
3. Fry the onion, carrot and celery for a few minutes or until it starts to brown.
4. Add the flour and stir to form a paste.
5. Add the Cajun spices and continue to stir.
6. Start adding the vegetable stock, a little at a time, so that the flour thickens the stock.
7. Once all the stock has been poured in add the meat substitute pieces and peppers and stir.
8. Cover the pan and simmer gently for 10 minutes.
9. Add the parsley and spring onions, stir in, serve and enjoy.

Spice Masters Tips

Frying - Frying the onions, carrots and celery for a few minutes allows them to develop flavour.

Flour - We use flour to thicken the sauce. By adding it at this stage the flour is cooked out so that you will not taste it in the finished dish.

Stock - We add the liquid slowly to the pan so that we can mix it with the flour paste. Adding it too quickly will create lumps in the sauce and will not allow it to thicken.

Fresh - We add some ingredients towards the end. These are often delicate flavours and we want to add a fresh note to the dish.