



## All About Gumbo

### The Comfort Food of Louisiana



Locals, transplants, and tourists alike know that Louisiana is known for its delicious and unique cuisine with gumbo being one of the most sought out dishes. Fall in Louisiana is a brief transition separating our warm summers from the relatively mild winters. It would be more appropriate to call this time of year gumbo season. Gumbo is a hearty, stew-like soup that is beloved across Louisiana. This dish crosses all class barriers, appearing on the tables of the poor and the wealthy, alike. The ingredients can vary widely from one cook to the next and from one region of the state to another, but two elements are constant: roux, a sauce thickener that is a mix of equal parts flour and fat, and the trinity, a blend of onion, celery, and bell pepper.

To thicken a gumbo, filé (sassafras leaves ground into a powder) or okra can be added. There are no set rules as far as the primary meat, although the most popular versions of gumbo are either chicken and sausage based or seafood based. Gumbo is often cited as an example of the melting-pot nature of Louisiana cooking. The name itself is derived from the West African word for okra, suggesting that gumbo was originally made with okra. Dr. Carl A. Brasseaux of the University of Louisiana at Lafayette found in his research that the first documented references to gumbo appeared around the turn of the 19th century. Gumbo has influence from many different cultures including Choctaw, French, Cajun, Creole, and African. The stew-like soup is viewed as a mixture of all cultures and influences in one pot that everyone is bound to enjoy.



## **Slap Ya Mama**

Slap Ya Mama Cajun Products

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Walker & Sons has formulated an alternative to preparing your favorite Cajun dishes. When it comes to gumbo, many families take a full day out of their schedule to make this dish perfect. In 2017, it's difficult to find the time to devote to this dish. Slap Ya Mama has perfected our dinner mixes so that you and your family can enjoy easy cajun dishes. In just minutes and with little effort, you can have great tasting, stove cooked gumbo for the entire family. Just add your chicken and sausage or seafood, bring to a boil, let it simmer and serve it.