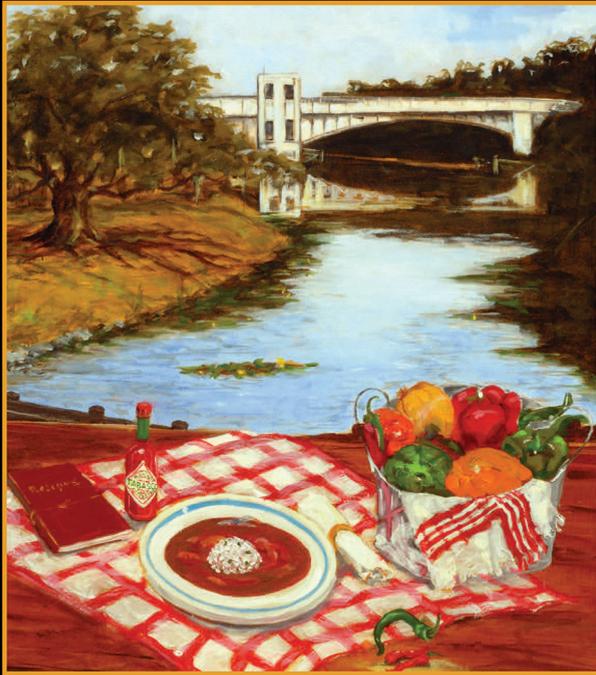




## NEW IBERIA/AVERY ISLAND



### 24<sup>TH</sup> ANNUAL WORLD CHAMPIONSHIP **GUMBO COOKOFF**

AN EVENT OF THE GREATER IBERIA CHAMBER OF COMMERCE

OCT. 11-13, 2013 | BOULIGNY PLAZA | DOWNTOWN NEW IBERIA

Savor the difference on Louisiana's HOT side, home to Avery Island's world-famous TABASCO® Factory and Jungle Gardens. Visit Shadows-on-the-Teche, the only National Trust for Historic Preservation house museum in the Gulf South. Tour the century-old Conrad Rice Mill/KONRIKO® and the award-winning Main Street and Historic District, which James Lee Burke captured in his popular Dave Robicheaux novels. On Jefferson Island stroll the lush Rip Van Winkle Gardens, Jefferson Mansion and Rip's Rookery. Visit Antique Rose Ville to smell over 100 varieties of antique roses. Learn about Iberia's history and industry at the Bayou Teche and Jeanerette Sugar Museums. Taste great food from sweet beignets to boudin, fresh seafood and savory gumbos. Asian cuisine is also a favorite as the area is home to one of America's largest Laotian populations. Pass a good time at our Mardi Gras, fishing rodeos, gator races, festivals with fais-do-dos and culinary competitions, like the World Championship Gumbo Cook-off, Cajun Hot Sauce Festival and the Great Chili Challenge. We're too HOT to pass up!

**Iberia**  
Parish savor the difference.

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# SEAFOOD GUMBO

5 tablespoons vegetable oil - divided  
1/3 cup all-purpose flour  
1 cup green pepper  
2 tablespoons chopped fresh parsley  
1 1/2 quarts fish stock or water  
1 fresh sprig thyme  
1 teaspoon TABASCO® brand pepper sauce  
1 lb. fresh Louisiana shrimp - shelled and deveined  
1 16-oz. can whole tomatoes chopped and undrained  
1 lb. fresh okra thinly sliced (about 4 cups)  
1 teaspoon white vinegar  
1 cup chopped onion  
2 cloves garlic - minced  
1/2 cup chopped celery  
2 bay leaves  
1 tablespoon Worcestershire® sauce  
1 teaspoon salt  
1/2 lb. fresh Louisiana lump crab meat  
3 cups cooked KONRIKO® brand rice  
Chopped scallions and chopped fresh parsley for garnish

In medium skillet (not cast iron), heat 3 tablespoons oil, add fresh okra, stirring frequently, and cook 30 minutes. Add vinegar and cook another 10 minutes, until okra is no longer “ropy or slimy” and is lightly browned, set aside.

In large pot heat remaining 2 tablespoons of oil, add flour and cook over medium heat, stirring constantly, about 30 minutes or until roux turns dark brown and develops nutty aroma. Add onion, garlic, green pepper, celery and parsley, cook 10 minutes or until vegetables are tender. Add okra, fish stock, tomatoes, bay leaves, thyme, Worcestershire sauce, TABASCO® brand pepper sauce and salt. Simmer uncovered 45 minutes.

Add fresh Louisiana shrimp and crabmeat, simmer 5 to 10 minutes. Discard bay leaves and thyme. Serve gumbo over cooked KONRIKO® brand rice with additional TABASCO® brand pepper sauce. Garnish with scallions and parsley.

