



First-Person Testimony



Bryant Shaw's Commentary on Gumbo

Greetings!

I'm very excited to present my Bicentennial Gombo, an American staple based in Afro-fusion cuisine. Gombo is the Senegalese word for Okra, and is the origin of American gumbo as okra served as a principal ingredient and thickener in early American food. With this recipe, you can add any vegetables or meats to your gumbo for a flavor packed, healthy meal for the whole family.

I'd recommend adding corn and roasted turkey for our specific Bicentennial rendition. Additionally, 1 tsp of salt is laughable for the amount of stew this recipe will produce. 1 tbsp minimum. Gombo powder and palm oil can be sourced from Lynn's Oriental or your local international store. The remaining ingredients are available at Publix. Habanero pepper is optional (our version for the event did not include it). Make sure all ingredients are cooked thoroughly before serving. Enjoy

Kind regards
Bryant Shaw



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Bryant Shaw's Okra Stew Recipe

7'OKRO STEW (Afro-fusion)

INGREDIENTS

1 cup Canola Oil
1 cup All purpose or Cassava Flour
1 Yellow Onion (diced)
1 clove fresh garlic
8 oz. Frozen Okra (coarsely chopped in ninja)
¼ cup Palm Oil

8 cups Vegetable Broth (made with vegetable bullion)

2 cans Diced Tomato
1 Tbsp. House Blend
1 tbsp ginger
1 tbsp cumin
1 tbsp garlic powder
1 tsp salt

METHOD

1. In a saucepan, make the roux by heating canola oil and briskly stirring in all purpose flour. Allow mixture to cook slowly, stirring occasionally-until it turns a copper brown.
2. Once roux is brown, add garlic powder, cumin, ginger, chicken, dried okra, gombo powder and salt. Stir to combine
3. Add diced onions and saute until translucent. Then add chopped okra and palm oil to the pan (with the roux) and cook for about five minutes, stirring constantly. Make sure okra is coated with flour and oil mixture as it cooks.

4. Add vegetable broth and 2 cans of diced tomatoes. Add remaining seasonings (Habanero Pepper, House Blend, ginger, garlic powder & salt)
5. Stir to combine and let simmer over medium-low heat for at least 20 minutes.
6. Taste and adjust seasoning as needed.
7. If mixture needs thickening, stir 1 tbsp all purpose flour into 1 cup cool water until dissolved and slowly stir into the stew while cooking over medium heat.
8. Transfer to a heat-safe container and allow to cool slightly. Cover and transfer mixture to fridge; chill until ready to serve.

NOTES/TIPS :)

- ☐ Has shelf life of seven days; date and label all stored products



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