

Teriyaki seafood gumbo with okra and rice

INGREDIENTS

10 portion(s)

For the gumbo:

200 g	butter
100 g	wheat flour, type 405
200 g	green pepper, diced
200 g	onions, diced
200 g	celery, diced
	Oil for frying
5 g	ground cumin
5 g	ground pepper
5 g	garlic powder
5 g	hot paprika powder
1 l	fish stock
200 ml	<u>Kikkoman Teriyaki Marinade</u>
600 g	skinless salmon fillet
400 g	scallops, without the shells
500 g	prawns, peeled
50 ml	lime juice

Additionally:

300 g	rice
	Salt
400 g	okra, in thin rings
50 g	spring onions, in thin rings
	Oil for frying

PREPARATION

Step 1

Melt the butter in a large saucepan. Add the flour to the butter over a medium heat and stir constantly until it turns almost caramel brown. This process can take a good 30 minutes. In the meantime, roast the diced vegetables with a little oil in a large saucepan over a medium heat for 10-15 minutes. Add the spices shortly before the end. Set the mirepoix aside until the roux has reached the desired colour. Add the mirepoix to the roux and then add the fish stock and Kikkoman Teriyaki Marinade. Now simmer over a low heat for about 15 minutes, stirring occasionally.

Step 2

Cook the rice according to the packet instructions. Meanwhile, cut the salmon, scallops and prawns into bite-sized pieces. Add these to the stock and gently bring to the boil. Sauté the okra in a hot pan with a little oil for 1–2 minutes. Season the gumbo with the salt and lime juice. Top with the okra and spring onions and serve with the rice.