



## **Southern Creole Okra “Gumbo” + Slightly Spiced Dirty Rice + Tutti Frutti Slushies**

By Erin Fletter

**Prep Time 40 / Cook Time 50 / Serves 4 - 6**

### **Shopping List**

FRESH

2 garlic cloves or 1 tsp garlic powder

3 green onions or 1/2 small onion

2 celery stalks

1 red or green bell pepper

2 large ripe tomatoes or 1 14-oz can diced tomatoes

8 fresh okra pods (or frozen and thawed okra or 1 14-oz can okra, rinsed)

1 C mixed fruit (your choice—use any combination of berries, apples, pears, cherries, oranges, etc.)

DAIRY

5 T butter or olive oil \*\*(see allergy subs below)\*\*

PANTRY

2 dried bay leaves

1 1/2 tsp mild paprika + more if needed

1/2 tsp Italian seasoning (or any blend of basil, thyme, and oregano)

1/2 tsp onion powder or garlic powder

1 tiny pinch cayenne pepper

1 tiny pinch ground nutmeg

- 1 can red kidney beans **\*\* (see allergy subs below) \*\***
- 1 1/2 to 2 C veggie broth
- 1/4 C + 2 1/4 tsp granulated sugar
- 2 1/4 tsp salt
- 1/2 tsp ground black pepper
- 1 T vinegar
- 3/4 C dried white rice
- 2 pinches ground cardamom
- HAVE ON HAND
- 1 C ice
- 1 C cold water + more if needed

## **Fun-Da-Mentals Kitchen Skills**

**slice:** to cut into thin pieces using a sawing motion with your knife.

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls) and Rock and Saw.

**chop:** to cut something into small, rough pieces using a blade.

**mash:** to reduce food, like potatoes or bananas, to a soft, pulpy state by beating or pressure.

**mince:** to chop into teeny tiny pieces.

**boil:** to cook a food in liquid heated to the point of gas bubbles and steam forming (boiling point is 212 F at sea level).

**mix:** to thoroughly combine two or more ingredients until uniform in texture.

**simmer:** to cook a food gently, usually in a liquid, until softened.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls) and Rock and Saw.

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**chop:** to cut something into small, rough pieces using a blade.

**pour:** to cause liquid, granules, or powder to stream from one container into another.

## Equipment

- Large skillet
- Small bowl
- Measuring spoons
- Cutting board
- Kid-safe knife
- Can opener
- Potato masher
- Wooden spoon
- Saucepan + lid
- Dry measuring cup
- Liquid measuring cup
- Fork
- Cutting board + kid-safe knife
- Blender
- Dry measuring cups

## Ingredients

### Southern Creole Okra “Gumbo”

- Creole Spice Mix:
  - 2 dried bay leaves, crushed—by hand is okay!
  - 1/2 tsp mild paprika
  - 1/2 tsp Italian seasoning (or any blend of basil, thyme, and oregano)
  - 1/2 tsp onion powder or garlic powder
  - 1 tiny pinch cayenne pepper
  - 1 tiny pinch ground nutmeg
- Gumbo:
  - 2 garlic cloves or 1 tsp garlic powder

- 3 green onions or 1/2 small onion
- 2 celery stalks
- 1 red or green bell pepper
- 3 T butter or olive oil **\*\* (for DAIRY ALLERGY use olive oil) \*\***
- 1 15-oz can red kidney beans, drained and rinsed **\*\* (for LEGUME ALLERGY sub 1 C chopped mushrooms) \*\***
- 2 large ripe tomatoes or 1 14-oz can diced tomatoes
- 8 fresh okra pods (or frozen and thawed okra or 1 14-oz can okra, rinsed)
- 1 1/2 to 2 C veggie broth
- 1 T Creole Spice Mix (see ingredients above)
- 2 tsp granulated sugar
- 2 tsp salt
- 1/2 tsp ground black pepper
- 1 T vinegar
- 1 tsp mild paprika + more if needed for color

### Slightly Spiced Dirty Rice

- Creole Spice Mix (if not already made):
- 1 dried bay leaves, crushed—by hand is okay!
- 1/4 tsp mild paprika
- 1/4 tsp Italian seasoning (or any blend of basil, thyme, and oregano)
- 1/4 tsp onion powder or garlic powder
- 1 tiny pinch cayenne pepper
- 1 tiny pinch nutmeg
- Dirty Rice:
- 3/4 C dried white rice
- 1 pinch salt
- 1 pinch granulated sugar
- 1 pinch ground cardamom

- 1 T Creole Spice Mix (see above)
- 2 T butter or olive oil **\*\***(for DAIRY ALLERGY use olive oil)**\*\***

## Tutti Frutti Slushies

- 1 C mixed fruit (your choice—use any combination of berries, apples, pears, cherries, oranges, etc.)
- 1/4 C granulated sugar
- 1 pinch ground cardamom
- 1 C ice
- 1 C cold water + more if needed

## Food Allergen Substitutions

### Southern Creole Okra “Gumbo”

**Dairy:** Substitute olive oil for butter.

**Legume:** For 1 15-oz can of kidney beans, substitute 1 C chopped mushrooms.

### Slightly Spiced Dirty Rice

**DAIRY:** Substitute olive oil for butter.

## Tutti Frutti Slushies

## Instructions

### Southern Creole Okra “Gumbo”

#### measure + mix

In a small bowl, measure 1/2 teaspoon of your choice of the following spices to make 2 tablespoons of the Creole Spice Mix: **2 crushed bay leaves, 1/2 teaspoon paprika, 1/2 teaspoon Italian seasoning, 1/2 teaspoon onion powder, 1 tiny pinch of cayenne pepper,** and **1 tiny pinch of nutmeg.** You’ll use 1 tablespoon of the Creole Spice Mix for the Gumbo and 1 tablespoon for the Slightly Spiced Dirty Rice!

#### mince + chop

Peel and mince **2 garlic cloves** (if using fresh). Chop **3 green onions, 2 celery stalks,** and **1 bell pepper.** These 3 veggies together are known as the "trinity" in Louisiana cooking!

### chop + slice

Chop **2 tomatoes** and slice **8 fresh okra pods**. Tip: Don't wash your okra until just before you're ready to slice and cook it, or you'll have a gooey mess!

### drain + rinse + mash

Drain and rinse **1 can of red kidney beans**, then use a potato masher to break them up in a bowl!

### sauté + add + simmer

Heat **3 tablespoons of butter or olive oil** in a large skillet. Add the **minced garlic** and **chopped onion, celery, and bell pepper**, then sauté until soft, about 5 minutes. Next, add the **chopped tomatoes, mashed beans, sliced okra, 1 1/2 to 2 cups of vegetable stock**, and **1 tablespoon of the Creole Spice Mix**. Bring to a boil, then simmer uncovered until it becomes thick and veggies are very soft. Simmer for at least 30 minutes and up to an hour.

### season + taste + adjust

Add **2 teaspoons salt, 2 teaspoons sugar, 1/2 teaspoon black pepper**, and **1 tablespoon vinegar** to your gumbo. Then, add **1 teaspoon or more paprika** so that the gumbo turns slightly red in color (paprika is not spicy!). Taste and adjust the seasoning. Serve topped with **Slightly Spiced Dirty Rice**. Bon Appetit!

## Slightly Spiced Dirty Rice

### measure + mix

If you didn't already make the Creole Spice Mix for Southern Creole Okra "Gumbo", measure and mix 1/4 teaspoon of your choice of the following spices to make 1 tablespoon total of the spice mix: **1 crushed bay leaves, 1/4 tsp paprika, 1/4 tsp Italian seasoning, 1/4 tsp onion powder, 1 tiny pinch of cayenne pepper**, and **1 tiny pinch of nutmeg**.

### measure + combine + boil

Measure and combine **3/4 cup white rice** with **1 1/2 cup water** in a saucepan with a lid. Add **1 pinch of salt, 1 pinch of sugar, 1 pinch of cardamom**, and **1 tablespoon of Creole Spice Mix**. Bring to a boil.

### simmer + fluff + stir

Once rice and water have come to a boil, reduce heat to a simmer and cover. Let simmer for 15 to 20 minutes until water has evaporated and cooked the rice. Use a fork to fluff the rice, then stir in **2 tablespoons of butter**. Serve a small scoop of Slightly Spiced Dirty Rice on top of each bowl of **Southern Creole Okra "Gumbo"**!

## Tutti Frutti Slushies

### chop + measure

Chop **1 cup of mixed fruit** and add it to a blender (or pitcher for use with an immersion blender). Then, measure and add **1/4 cup sugar, 1 pinch of cardamom, 1 cup ice, and 1 cup cold water.**

blend + pour

Blend until smooth, adding more water if needed. Divide into cups and enjoy!

## Featured Ingredient: Okra!

Hi! I'm Okra!

"You may not be familiar with me yet, but I'm a popular ingredient in the cuisines of the southern US, especially gumbo. I can be a bit slimy, especially if I get too moist—wouldn't you if it was really humid?! Cooking me with something acidic, like tomato and vinegar helps. I'm often referred to as a "lady's finger" because of my shape!"

### History

Okra is believed to have originated in Africa, and its name is derived from an African language! Egyptians first cultivated the plant, and it spread through North Africa, the Middle East, Europe, and Asia. Okra first came to the United States in the early 1700s with the slave trade.

Okra is considered the "world traveler" of vegetables! That's because it's used in recipes and dishes around the world.

Southern soldiers used to drink a coffee substitute made from dried and ground okra seeds during the Civil War.

### Anatomy

An okra plant can grow as tall as 6½ feet high! They produce edible pods that are long and thin and come to a point at the end. Their shape gave them the nickname "ladies' fingers." They look more like witches' fingers!

If you cut a cross-section of an okra pod, you'll see that the seeds are arranged in a pattern that looks like a flower. Because it has seeds, okra is technically a fruit! But in the kitchen, it is considered a vegetable.

Okra comes in two varieties: red and green! When you cook red okra, it turns green.

Okra plants produce beautiful white flowers with dark purple centers.

### How to Pick, Buy, & Eat

Okra thrives in warm, temperate weather and can tolerate high heat and drought.

The parts of the okra plant you can eat are its green pods, seeds, and leaves!

Okra can be pickled, canned, stewed, grilled, fried, pan-seared, and roasted.

Okra contains soluble fiber, which, when cooked, results in a gelatinous goo that cooks use to thicken dishes.

Okra seeds are pressed and processed into oil used for cooking.

Old or mature okra is used to make paper and rope!

When buying fresh okra, choose medium-small pods as they're more tender and less stringy.

Okra can be steeped in water overnight to make a delicious tea!

Don't wash your okra until just before you're ready to cook it, or you might end up with a gooey mess!

## Nutrition

Fiber! Okra has lots of fiber to help keep our intestines clean and digestion running smoothly!

B-Vitamins! B vitamins help the body use the food we've eaten for energy!

Antioxidants! Okra has high levels of these nutrients that support our immune system, keep us from getting sick, help us stay strong, and help us grow!