

TASSO HAM & LANGOUSTINE GUMBO
2017 GEYSERVILLE



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INGREDIENTS

2 sticks butter
1 cup all-purpose flour
2 cups yellow onion, finely diced
2 cups red bell peppers, finely diced
1½ cups celery, finely diced
1 tablespoon Old Bay seasoning
1 teaspoon dried thyme
1 teaspoon sea salt
1½ – 2 quarts low sodium chicken broth
1 pound tasso ham, diced
12 ounces frozen langoustine tails
2 teaspoons filé powder

INSTRUCTIONS

1. In a large pot over medium high heat, melt butter and flour together to make a roux.
2. Stirring almost constantly, cook the roux until it is very dark brown and smells nutty, being careful not to burn it, approximately 25 minutes.
3. Add the onion, red pepper, celery, Old Bay, thyme and salt to the roux, stirring to coat the vegetables well.
4. Cook the roux and vegetables about 10 minutes, until the vegetables soften.
5. Add the chicken broth and tasso ham, then bring to a boil.
6. Reduce to a simmer and cook for about 20 minutes to let the flavors blend.
7. Add the frozen langoustine tails and filé powder and simmer for an additional 10 -15 minutes.
8. Serve gumbo with rice.

SERVES: 4-6

COOKING TIME: 3 Hours

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