

**Time and Activity Chart**  
**by Jordan Trief and Eli**  
**Goeltz**

1 cup all purpose flour	mix medium-low heat until							
3/4 cup bacon drippings	mahogany color							
1 cup celery	coarsely chop							
At least 1 cup onion	coarsely chop							
At least 1 cup green bell pepper	coarsely chop							
2 cloves garlic	mince							
1 pound Andouille	slice	Mix and bring to simmer						
1.5 Quarts Chicken Stock								
1.5 Quarts Seafood Stock								
7 cubes beef bouillon		Bring to boil	Add roux to stock					
1 Tbs white sugar								
salt to taste								
2 Tbs Tabasco								
1 Tbs Cajun Seasoning								
4 bay leaves								
1/2 tsp dried thyme leaves								
1 (14.5 ounce) can stewed tomatoes								
1 (6 ounce) can tomato sauce								
2 tsp gumbo filé powder								
2 (10 oz) packs frozen cut okra	thaw							
2 Tbs distilled white vinegar								
2 Tbs bacon drippings	melt							
1 lb Lump Crab Meat								
3 lbs uncooked shrimp								
1 lb chicken breast								
2 Tbs Worcestershire sauce								
2 tsp gumbo filé powder								
								Mix before serving