

# Southern Creole Okra "Gumbo" + Slightly Spiced Dirty Rice + Apricot Cardamom Slush



## southern creole okra "gumbo"

### mince + chop + slice

Peel and mince **2 cloves garlic**. Chop **1/2 a small onion**. Chop **2 stalks celery**, and **1 red/green bell pepper**.

### slice + mash

Slice **8 fresh okra pods (or used canned, rinsed OR frozen, thawed okra)**. Drain and rinse **1 can red kidney beans**, then use a potato masher to break them up in a bowl!

### sauté + add + simmer

Add **3 T butter or olive oil** to a large skillet. Add minced garlic and chopped onion, celery, and bell pepper and sauté until soft - about 5 minutes. Add **1 can diced tomatoes**, the mashed beans, sliced okra, and **1 1/2 - 2 C vegetable stock**. 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.

*::recipe continued::*

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## mix + season + taste

Mix together a Creole Seasoning with 1/2 tsp of each: **paprika, garlic powder, dried oregano, black pepper,** and **dried thyme**. Add a **pinch of cayenne pepper**. Add this to your gumbo and stir! Add **2 tsp salt, 2 tsp sugar,** and **1 T vinegar**. Taste and adjust seasoning. Serve topped with ***Slightly Spiced Dirty Rice!***

### slightly spiced dirty rice

## measure + combine + boil

Measure and combine **3/4 C dried white rice** with 1 1/2 C water in a sauce pot. Add a **pinch of salt** and a **pinch of sugar** to the pot. Measure and combine **1/2 tsp of each: paprika, garlic powder, black pepper, dried oregano,** and **dried thyme**. Add a **pinch of nutmeg** and a **pinch of cardamom**. 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 15-20 minutes until water has evaporated and cooked the rice. Use a fork to fluff the rice, then stir in **2 T butter or olive oil**. Serve rice on top of each bowl of ***Southern Okra Gumbo!***

### tutti fruity slush

## chop + measure

Chop up **1 C mixed fruit** and add to a blender. Then measure and add **1/4 C sugar,** a **pinch ground cardamom,** **1 C ice,** and **1 C cold water**.

## blend + pour

Blend until ***Tutti Fruity Slush*** is smooth! Add more water if needed. Divide into cups and ENJOY!

::continued::



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# shopping list!

## Southern Creole Okra "Gumbo"

- 3 T butter/olive oil
- 1 can red kidney beans
- 2 garlic cloves
- 1/2 small onion
- 2 stalks celery
- 1 can diced tomatoes
- 1 bell pepper
- 8 fresh okra pods (or 1 can okra or use frozen, thawed)
- 1 1/2 C - 2 C veggie broth
- 2 tsp sugar
- 2 tsp salt
- 1 T vinegar
- 1/2 tsp each: paprika, garlic powder, black pepper, dried oregano, dried thyme

## Slightly Spiced Dirty Rice

- 3/4 C dried white rice
- Pinch salt, sugar, nutmeg, and ground cardamom
- 2 T butter or olive oil
- 1/2 T of each: paprika, garlic powder, black pepper, dried oregano, dried thyme

## Tutti Fruity Slush

- 1 C mixed fruit
- 1/4 C sugar
- Pinch cardamom

::continued::

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## Let's Learn about Okra!

Okra is believed to have originated in Africa!

**Egyptians first cultivated the plant, and it spread through North Africa and the Middle East, to Europe, and to Asia.** Okra first hit the U.S. in the 1700s, and Southerners started incorporating it into their recipes. People in the Southern U.S. who were kept as slaves were in charge of dinner, and they learned how to plant it, grow it, and cook it.

**An okra plant can grow as tall as 6 and a half 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 witch's fingers!

**Cut a cross-section of an okra pod and 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.

**Really old (mature) okra is used to make paper and rope!**

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

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

## Let's Learn about New Orleans!

**New Orleans is a city in the state of Louisiana. In fact, it's Louisiana's largest city.**

**New Orleans was built by France before it became a U.S. territory when Thomas Jefferson bought the Louisiana Purchase in 1803. Guess how much he paid for it back then? 15 million dollars!**

**The first opera in the U.S. was performed in New Orleans in 1796.**

**Jazz was birthed in New Orleans!**

**Creole cuisine comes from New Orleans - famous dishes are jambalaya, gumbo, and King Cake! King Cakes are eaten during Mardi Gras. They're baked with a small plastic baby inside and the person who gets the slice with the baby has to host the party the next year.**

### Time for a laugh!

What water can grow award-winning okra? **Perspiration!**

How do you make okra laugh? **You pickle it!**

What state does okra come from? **Okra-homa!**

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