

BAYOU HERITAGE GUMBO

“*Gumbo* ” Derived from the African Bantu word for okra, “nkombo”

“*Filé* ” A thickener of ground sassafras leaves (Native American)

Germans brought vegetable crops (like potatoes and cabbage) and processed meats, (like sausage), and brown mustard.

Croatians were instrumental in developing the oyster industry in Louisiana.

Italians are famous for fig pastries, casseroles, cookies, cakes, and pasta.
They also were pivotal in developing food distribution systems in Louisiana.

Native Americans introduced new settlers to corn bread, grits, sweet potatoes, squash, beans, and the abundant wildlife of the region.

Europeans brought carrots, turnips, beets, cabbage and lettuce to the bayou region.

Africans contributed okra, yams, peanuts, watermelon, collard greens, hot peppers, and pepper sauce. They also introduced barbeque and deep fat frying.

The French contributed their famous sauces, sweets, and breads to the cuisine of the area.

The Spanish had a preference for hot spices and soups.

Caribbean cultures contributed rice and beans dishes.

Asian settlers developed the dried shrimp industry along the bayous. They also taught settlers how to build homes on stilts to protect against flooding.

With new settlers arriving in Louisiana every day, the Bayou Heritage Gumbo is still being revised. Vietnamese and Hispanic/Latino influences are joining forces with the tastes of the bayou already here. Spicing up the gumbo, Cher!