

Duck and Sausage Gumbo

Ingredients

1/3 cup [all-purpose flour](#)
1/3 cup [cooking oil](#)
3 cups water
1 lbs cooked sausage links sliced
2 cups cooked duck chopped
2 cups okra; slice or 10 ounces pk frozen whole okra 1/2" slice
1 cup onion chop
1 cup green pepper chopped
1/2 cup celery chopped
4 [clove garlic](#) minced
1 teaspoon [salt](#)
1/2 teaspoon [pepper](#)
1/4 teaspoon [ground red pepper](#)
hot cooked [rice](#)

Directions

ROUX-in a heavy 2-quart saucepan stir together flour and oil till smooth. Cook over medium-high heat 5 minutes, stirring constantly. Reduce heat to medium. Cook and stir constantly about 15 minutes more or till a dark, reddish brown roux forms. Cool. In a crockery cooker place water. Stir in roux. Add sausage, duck, okra, onion, green pepper, celery, garlic, salt, pepper, and red pepper. Cover; cook on low-heat setting for 10-12 hours or on high-heat setting for 4 1/2 to 5 hours. Skim off fat. Serve over rice.