



Gumbo (Wolof, West Africa),  
ladyfingers (British), 羊角豆 (yáng  
jiǎo dòu, Mandarin), भिन्डी (Bhindi,  
Hindi), Bamia (Swahili and Arabic),  
Quingombó (Spanish)

# Okra

*a taste of Africa on the Floridian table*

Okra is an ancient African crop that made its way to the Americas through the enslavement of African people. Highly nutritious, easy to grow and delicious, okra became a staple food in Southern American cuisine. It remains a key ingredient in African-American ‘Soul Food’ cooking today, and it is enjoyed throughout the world in soups, fried, baked and sautéed.

To learn more about Florida’s  
culinary history, visit  
[floridaheritagefoods.com](http://floridaheritagefoods.com)

Vendor selling homegrown okra at the City  
Curb Market on Gaines St. in Tallahassee.  
(1965) Florida Department of State Archives



# GUMBO

**75**  
MINUTES  
TOTAL

**8**  
TOTAL  
SERVINGS

## INGREDIENTS

- |                          |   |
|--------------------------|---|
| 16 oz fresh okra         | Salt and black pepper                   |
| 1 bell pepper chopped    | Sausage, shrimp, chicken<br>and/or tofu |
| 1 onion chopped          | 4 tablespoons cooking oil               |
| 5 large tomatoes chopped |   |
| 6 oz can tomato paste    |   |

## DIRECTIONS

1. Heat two tablespoons oil and saute protein in large saucepan over medium heat.
2. Stir in garlic, onion and green bell pepper. Sauté until tender.
3. Stir in okra, diced tomatoes and their liquid, tomato paste, salt and pepper. Stir occasionally for 40 minutes.
4. Heat 2 tablespoons oil in a medium skillet over medium heat. Stirring constantly, add flour, and cook 2 to 5 minutes, until a golden brown until thick 'roux' has formed.
5. Spoon the roux into the okra mixture, and continue to cook, stirring occasionally, 5 to 10 minutes.



## FACTS

Gumbo is a Cajun fusion of African and French cooking that made its way to the Florida Panhandle in the early 19th century.

Okra is rich in fiber, calcium, magnesium, vitamin C and vitamin B6.

For more Florida heritage recipes, visit [floridaheritagefoods.com](https://www.floridaheritagefoods.com)

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