

## Percolate: The recipe newsletter for busy people



Hi friends!

Have you watched *Cooked*, a new(ish) show on Netflix, yet? It's produced by the very awesome food writer Michael Pollan, whom I adore, and it focuses on what cooking means to us as humans. It's pretty dang nerdy, I'm not gonna lie, but it's also fascinating.

This is my favorite quote from the accompanying book to the show:

**For is there any practice less selfish, any labor less alienated, any time less wasted, than preparing something delicious and nourishing for people you love?**

Cooking is a pain in the ass sometimes, I'll be the first to admit. I often find cooking thrilling, enjoyable to say the least. It's comforting to me. Most of the time. There are definitely days that I wish we could just all eat Cheeze-whiz on crackers and call it a day.

Let's be real; cooking our food, day in and day out, can be tedious. And there's an added layer of annoyance when we cook for kids or family members who don't appreciate our efforts

#ToddlerParentProblems

It's my hope that I can help to take at least a little pain-in-the-ass-ness out of cooking in your busy day. This week I've got a slow cooker gumbo as the featured recipe, and it's a good one, kids. I may be a Yankee from the cold white north, but my husband adores gumbo, and so I've been working on a recipe for him off and on for years now. Here's the finished product, just in time for Mardi Gras this Tuesday.

There's layers of flavor built into this gumbo recipe, and since it's cooked in the slow cooker, you can pretty much dump the ingredients in the crock and go about your business for a while.

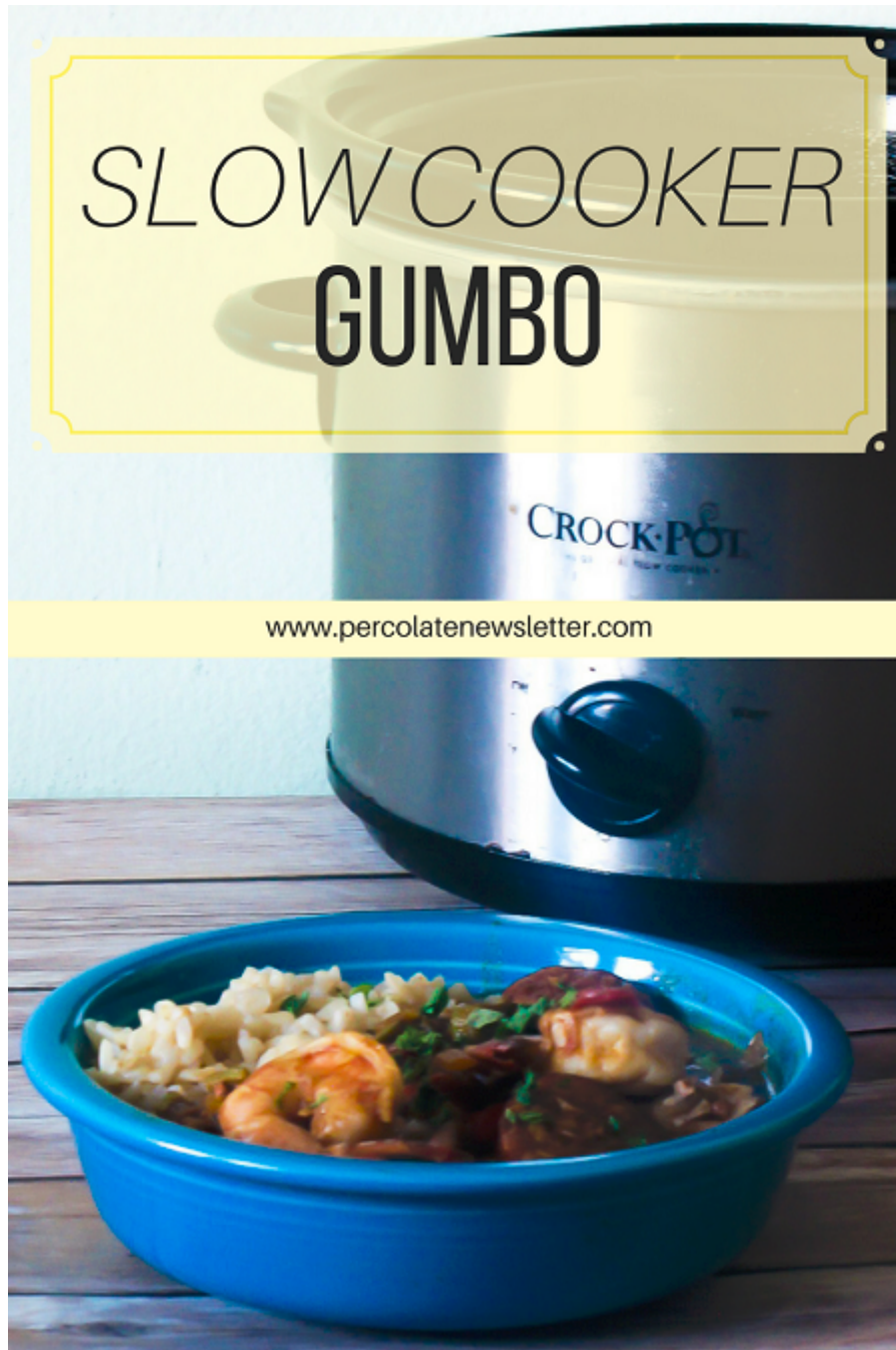
Here's to more meals that are enjoyable to make, eaten with those we love!

Happy eating!

Ruthly

p.s. Want to start meal planning like a badass? Check out the first link below to access some of my best tips, plus download my handy weekly meal planner printable!

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## Slow Cooker Gumbo

[click here to see, print and save this recipe](#)

## Slow Cooker Gumbo

**Serves: 2-4**

**Time: 4-6 hours cooking time, about 20 minutes active time**

### *Ingredients*

- 1/2 cup flour
- 1 medium onion, diced
- 2-3 stalks celery, diced
- 1 large bell pepper, seeds and ribs removed, diced
- 1 teaspoon cayenne or chipotle powder
- 2 teaspoons dried oregano
- 1 teaspoon cracked black pepper
- 1/2 tablespoon ground mustard
- 1/2 tablespoon dried thyme
- 1/2 tablespoon onion powder
- 1 tablespoon paprika
- 1.5 lb skinless chicken thighs
- 1/2 lb smoked sausage, sliced in coins about 1/2" thick
- 8-10 okra, sliced (about 1 1/2 cups)
- 2-3 cloves garlic, smashed
- 2 cups chicken or beef stock
- 1/2 lb raw shrimp
- Cooked brown rice, for serving

To begin, toast the flour. Add the flour to a large saucepan over medium-high heat. Stir occasionally until the flour begins to brown, then stir almost constantly to prevent burning. Toast the flour until it is a deep brown, about the color of cocoa powder. This will take approximately 8-10 minutes, but make sure you stay close to the flour; it can burn quickly! Once the flour is toasted, remove from the heat and set aside.

Add the onion, celery and bell pepper to the slow cooker and toss with the toasted flour, coating evenly.

Add the remaining ingredients except the raw shrimp and cooked brown rice, stir to combine.

Cook on low for 5-6 hours or high for 3-4, stirring occasionally.

When the gumbo has cooked, shred the chicken gently with a fork. Add the shrimp, then turn the heat to high and cook another 8-10

minutes, or until the shrimp has cooked through and turned pink.

Turn off the heat and serve hot over cooked brown rice.

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## This week's links

### [My Top Three Meal Planning Basics](#)

I'm letting you in on a few of my secrets for meal planning like a badass. As subscribers to Percolate, you don't have to leave your name and email address at the bottom of the post to access the included download for my weekly meal planner design; [just click this link instead.](#)

### [How To Arrange Your Kitchen Like Julia Child](#)

I adore Julia Child, like any avid cook. I equally adored this article that broke down how she had organized her kitchen, right down to the famous pegboard, three pantries, one hell of an amazing oven and range, a well-worn kitchen table smartly covered with an oilcloth. It's unpretentious, pragmatic, and totally perfect. The organizing freak in me sighed happily at all the photos.

### [Why Do Americans Refrigerate Their Eggs?](#)

I'll never forget the first time I saw eggs on display in an Irish grocery store; they were just sitting on a shelf, by the dried pasta, unrefrigerated. Say what!?! This article breaks down why it's hygienic for Americans to keep their eggs in the cold, yet why the rest of the world can store them in the cupboard and it's just as safe (and no, it's not because the eggs are any fresher than you get in the States, which is what I was always led to believe!)

### [The 25 Greatest Food Lyrics in Rap](#)

Yeah, you read that headline right.

### [The Secret History of the LaCroix Label](#)

"The only compliment I can make to LaCroix's packaging is that it defies all the rules of design, given that the logo is barely legible over that swirling hangover puke."

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That's it for this issue, buds! If you like what you've read, please do me a solid and forward this on to your friends, or follow and share on [Facebook](#), [Twitter](#) or [Pinterest](#). Help spread the word!

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