



### GUMBO AND JAMBALAYA — Mm — m — m — m !

When the Acadians settled in the South, they were very poor. However, they found that the land was bountiful, and the wives kept a big pot simmering on the back of the stove into which they put whatever they caught in the water, shot in the woods, or grew in the garden. Gumbo is a thick dark brown soup and Jambalaya is a rice dish. Both can be made with either meat or seafood. Gombo (with an o) was the African word for okra, which thickened the Gumbo, Jambalaya probably comes from the French word "jambon", for ham.