



Chicken and Sausage Gumbo

Pots, Pans and Utensils

large skillet (preferably NOT a nonstick type)

5½ quart saucepan or large Dutch oven

long handled metal whisk

long handled metal or wooden spoon

measuring spoons and measuring cups

Ingredients

- 1 (2-3 pound) chicken, cut up (can purchase fried chicken)
- 1 pound Andouille (or any other good pure smoked sausage) cut into 1/4-inch cubes
- 7 cups chicken stock or water (can be purchased)
- 2 tablespoon salt
- 2 tablespoons red pepper (preferably cayenne)
- 2 tablespoons garlic powder
- 1 cup finely chopped onions
- 1 cup finely chopped green bell peppers
- 1 cup finely chopped celery
- 1¼ cups all-purpose flour
- Vegetable oil for deep frying
- 1 teaspoon minced garlic
- Hot cooked rice (preferably converted)

How To Prepare

Combine salt, garlic powder and cayenne in a bowl, mix well. This will be your seasoning blend.

Pan frying chicken (optional - can be store bought)

Remove excess fat from the chicken pieces. Rub a generous amount of seasoning blend on both sides of each piece, making sure each is evenly covered.

Meanwhile, in a medium-size bowl combine the onions, bell peppers and celery, set aside. Thoroughly combine the flour with 1 tablespoon of seasoning blend in a paper or plastic bag. Reserve ½ cup of the flour and set aside. Add the chicken and shake until pieces are well coated.

In a large skillet (preferably NOT a nonstick type) heat 1½ inches oil until very hot (375° to 400°). Fry the chicken pieces until crust is brown on both sides, about 5 to 8 minutes per side; drain on paper towels. Carefully pour the hot oil into a glass measuring cup, leaving as many of the browned particles in the pan as possible. Scrape the pan bottom with a metal whisk to loosen any stuck particles, then return ½ cup of hot oil to the pan.

Making the Roux

Place pan over high heat. Using a long handled metal whisk, gradually stir in the reserved ½ cup flour. Cook, whisking constantly, until roux is dark red-brown, about 3½ to 4 minutes, being careful not to let it scorch or splash on your skin. Remove from heat and immediately add the reserved vegetable mixture, stirring constantly until the roux stops getting darker. Return pan to low heat and cook until vegetables are soft, about 5 minutes, stirring constantly and scraping the pan bottom well. Set aside.

Finishing the Gumbo

Place the stock in a 5½-quart saucepan or large Dutch oven. Bring to a boil. Add the roux mixture by spoonfuls to the boiling stock, stirring until dissolved between additions. Add the chicken pieces and return mixture to a boil, stirring and scraping pan bottom often. Reduce heat to a simmer and stir in the andouille and garlic. Simmer uncovered until chicken is tender, about 1½-2 hours, stirring occasionally and more often toward the end of cooking time.

When the gumbo is almost cooked, adjust the seasoning if desired with additional seasoning blend, Serve immediately over rice.