

Chicken and Andouille Sausage Gumbo

Makes 10 main-dish or 20 appetizer servings

Trinity:

2 cups chopped onions
2 cups chopped green bell peppers
2 cups chopped celery

Seasoning Mix:

2 whole bay leaves
2 t salt
½ t each white pepper, cayenne, black pepper, garlic powder, and dried thyme leaves
¼ t dried oregano leaves

Roux:

¾ Cup each vegetable oil and flour
5 ½ Cups chicken stock (or water)

Protein:

1 pound andouille sausage sliced
1 pound chicken thighs (no bone or skin)

2 ½ Cups cooked and warmed white rice

Combine Trinity and Seasoning Mix in separate bowls. Cook chicken and sausage in frying pan. Slice chicken and sausage into bite size pieces and set both aside. Warm stock in microwave.

Heat oil on medium-high heat in a large stock pot. When oil begins to smoke (5 minutes) add flour and whisk together. Continue cooking roux, whisking constantly, until roux is a dark red-brown color (time varies and don't let burn). Immediately add trinity and stir constantly for 3 minutes off of heat. Add seasoning mix and stir an additional 2 minutes. Return to heat and gradually add warm stock. Stir well, bring to boil, lower heat and simmer for 5 minutes, stirring occasionally. Add chicken and sausage and simmer another 30 minutes. Skim any oil from top of surface.

To serve, place ½ cup rice in the middle of a bowl. Add one cup of gumbo and top with chopped parsley.