



## Chicken & Sausage Gumbo

### Ingredients:

6 boneless chicken thighs <b>(diced)</b>	Granulated Garlic <b>(tt)</b>
2lbs Andouille Sausage <b>(cut on bias)</b>	Granulated Onion <b>(tt)</b>
1 Gal Unsalted Chicken Stock	Smoked Paprika <b>(tt)</b>
2 Sweet Onions <b>(diced)</b>	Dried Marjoram <b>(tt)</b>
1 Head of Celery <b>(diced)</b>	Dried Chili Flakes <b>(tt)</b>
3 Green Bell Pepper <b>(diced)</b>	File Powder <b>(tt)</b>
2 Red Bell Pepper <b>(diced)</b>	Dried Thyme <b>(tt)</b>
¾ lb Butter	10 ea Okra <b>(sliced)</b> <i>Optional</i>
½ lb Ap Flour <b>(toasted)</b>	Worcestershire Sauce <b>(tt)</b>
3 Bay Leafs	Tabasco Sauce <b>(tt)</b>
	Salt & Pepper <b>(tt)</b>

### Procedure:

The first thing you are going to need is a pot large enough for all of these ingredients to fit. When you have located your pot, put it on the burner on low and add the butter. When you get the butter melted, increase the heat to medium and start adding the flour whisking thoroughly until all of the flour is incorporated and continue to cook. In case you were wondering, you are building the roux at this time and you need to remember one thing; this is the most important part of the gumbo. It needs to be the consistency of wet beach sand, smell a bit like toasted nuts, and be as dark brown as you can possibly make it without burning. Some Cajuns will tell you this process takes about three beers or forty minutes but we have toasted our flour so it shouldn't take that long. But it will definitely take some time. So whatever you do, don't stop stirring it or you will burn it.

Now that we have our roux cooked, add the chicken to it and just slightly cook the outside of the chicken. Next add the sausage and do the same. When you have your chicken and sausage going, add all of the vegetables except the okra and keep stirring until the veggies become slightly translucent. Now add your stock and bring that to a boil. As soon as it starts to boil, turn it down to a simmer and begin seasoning it with the spices and herbs reserving the file powder for later. This will need to simmer for at the very least one hour. I personally feel the more the merrier.

At this point, you need to taste it and start adjusting your seasoning. This part is totally up to you; make it spicy, make it mild, whatever you want to do is fine. When you finally come to your seasoning comfort level, it's time to finish your gumbo by adding the optional okra. The okra will thicken the gumbo so be ready for that and then finally add some Worcestershire and Tabasco to your liking and serve soon after over white rice. But my personal favorite is mashed potatoes.