

Chicken and Sausage Gumbo, Cajun-Style

This okra-less Gumbo from Nancie McDermott's "Southern Soups and Stews" was a hit at our January Soups and Stews class. Nancie describes it this way: "Chocolate brown, earthy and spiked with thyme and three kinds of pepper, this gumbo earns back every second of effort you put into the pot, from chopping your seasonings and measuring out spices to stirring away on your roux. If you make it and serve it straightaway, you will be glad you didn't have to wait to savor it. If you can cook it a day in advance, you will love how its flavors blossom."

1 cup	vegetable oil	1	teaspoon	cayenne pepper
1 cup	all-purpose flour	2	quarts	chicken stock
1 cup	chopped onion	3 ½	pounds	skin-on, bone-in chicken legs and thighs
1 cup	finely chopped celery	1	pound	Cajun-style andouille sausage, smoked kielbasa, or other smoked sausage
1 cup	cup finely chopped green bell pepper	1	cup	thinly sliced green onions plus more for garnish
2 Tablespoons	finely chopped garlic	½	cup	finely chopped fresh parsley
2 teaspoons	finely chopped fresh thyme	2	cups	white rice, cooked your favorite way
1 teaspoon	salt (or to taste)			
1 teaspoon	freshly ground pepper			
1 teaspoon	sweet or hot paprika			

- 1 In a large, heavy-bottomed Dutch oven, preferably cast iron or enamel cast iron, heat the vegetable oil over medium-high heat until shimmering hot. When a pinch of flour blooms on the surface when added to the oil, scatter in the flour and stir quickly and thoroughly, combining the oil and flour evenly into a thick, smooth roux. Continue cooking, stirring often, as the roux turns from pale yellow to a rich, deep brown, 20 to 35 minutes. Adjust the heat as needed to keep the roux darkening slowly, without bubbling up or burning. It should be darker than peanut butter, about the color of coffee with some cream, a deep brown, but not a dark brown.
- 2 Add the onion, celery and bell pepper to the Dutch oven and stir well, heating them up and coating them with the roux. Let them cook, stirring often, until the vegetables are fragrant, softened, shiny and evenly coated with the roux, 2 to 3 minutes. Add the garlic, thyme, salt, pepper, paprika and cayenne; stir well and cook 2 more minutes.
- 3 Add the chicken stock, stir well and bring it to a lively boil, stirring often to dissolve the roux into the stock. When everything is boiling nicely, add the chicken pieces. When the stock returns to a rolling boil, adjust the heat to maintain a lively simmer and cook, stirring now and then, until the chicken is cooked through and very tender, 45 minutes to 1 hour.
- 4 While you are waiting, begin to make your rice. Also, chop the andouille into bite-size pieces. Halve each link lengthwise and then cut it crosswise into half-moon slices about ¼ inch thick.
- 5 Remove the chicken from the pot and set it out on a platter to cool. As soon as it is cool enough to touch, pull the meat from the bones, discarding the bones and skin. Tear or chop the chicken very coarsely and then return the meat to the pot. Add the andouille and stir. Cook, stirring now and then, until the sausage has seasoned the gumbo and softened, and everything has come together into a rich, flavorful, slightly thickened stew, about 30 minutes more.
- 6 Remove the pot from the heat and stir in the green onions and parsley. Serve the gumbo in bowls over rice or with the rice on the side, garnished with more green onions.

Servings: 10

Preparation Time: 10 minutes

Cooking Time: 1 hour and 35 minutes

Total Time: 1 hour and 35 minutes

Nutrition Facts

Nutrition (per serving): 864 calories, 484 calories from fat, 54.2g total fat, 187.8mg cholesterol, 1458.3mg sodium, 778mg potassium, 49.6g carbohydrates, 1.7g fiber, 3g sugar, 42.3g protein.

Source

Author: Nancie McDermott, 2015

Source: Southern Soups and Stews

