

# Chicken & Andouille Gumbo

1 cup cooking oil	1 tsp dried thyme
1 cup plain flour	1 tbs dried garlic chips (opt.)
2 cups onion (diced)	1 lb (2 cups) Andouille sausage
1 cup celery (diced)	1 1/2 lb cooked chicken
1/2 cup green pepper (diced)	2 tbs worcestershire sauce
3 cloves garlic (minced)	1 tbs hot sauce
3 bay leaves	2 cups crushed, canned tomatoes
1 tbs Cajun Spice Mix	1/2 cup green onion (sliced thin)
1 tsp black pepper	1/4 cup parsley (chopped)
1 tsp cayenne pepper	8 cups chicken stock

In a 7 qt., cast iron Dutch Oven, or similar kettle, heat oil on MED/HI, when hot, add flour and stir continuously until the roux reaches a dark brown color. Add diced onions and cook until onion is transparent, then add celery, green pepper, and garlic, and cook another 10 mins. Add bay leaves, black pepper, cayenne pepper, dried thyme, worcestershire sauce, hot sauce, and garlic chips. Stir to combine, cook 5 mins. Whisk in 2 cups of the hot stock, cook for another 5 mins.

Add the diced smoked sausage and cook 10 mins. Now add remaining stock, tomatoes, 1/2 the green onion, and 1/2 the parsley, then bring to a boil for 5 mins. Bring back down to MED/LO and cook 1 hour, stirring occasionally. If using the cooked chicken, add chicken now, be careful not to break up the pieces by over-stirring. If you use raw chicken you should add it earlier when you add the celery and green pepper. Now, let it simmer another half hour on MED/LO. Serve over rice, topped with remaining parsley and chopped green onions.

\* It's best not to cook Filé into gumbo as it can become bitter tasting when cooked or re-heated. Offer it at the table for your guests to use. It is also best to use dark meat chicken, it doesn't break up as bad as white meat. It has a nice consistency.

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