



basic cajun gumbo

 Total time: 90 minutes

DIRECTIONS:

Finely chop all vegetables, discarding root portion of celery. Set aside on cutting board, . Mince garlic by smashing it under the flat side of a large knife. Set aside as well.

Put 2 tbsp of cooking oil in a large skillet and brown the chicken thighs on both sides, careful not to cook completely. Remove the chicken thighs and set aside.

Slice the sausage to preferred thickness, then brown in same skillet.

Add 1 cup grapeseed oil into a 4 quart Dutch oven and apply medium heat. When heated (oil begins to smoke) begin whisking in 1 cup of flour. Continue to whisk flour as it cooks until chocolate brown.

DO NOT WALK AWAY from the pot as the roux will easily burn but continuously whisk. Once the roux is chocolate brown, add in the onion, celery, and bell peppers. Stir the mixture with a wooden spoon until the onions are translucent

When onions are translucent lower the heat to medium, add garlic, 1 tsp of thyme, 2 bay leaves, 2 tbsp of Cajun seasoning, 2 tbsp Worcestershire sauce, 1 tbsp salt, 1 tbsp black pepper and continue to stir.

Once the vegetables and spices are well mixed in the roux, add the chicken thighs, the sausage and 4 cups of chicken stock. Stir generously. Bring to a boil, stirring frequently.

Reduce heat to simmer and cover for 1 hour. Sample after 15 minutes, then season to taste. While gumbo is simmering, cook the desired amount of white rice (3 cups water, 1½ cups rice).

When done, serve rice into a soup bowl then ladle gumbo over generously. Season servings to taste.

Ingredients:

4 chicken thighs
2 lbs smoked sausage
1 cup All Purpose flour
1 cup Grapeseed Oil
1 yellow onion
1 bell pepper
2 stalks celery
2 cloves of garlic
4 cups unsalted chicken stock
2 bay leaves
Cajun seasoning (P'Maws Cajun Shake)
Worcestershire Sauce
Salt
Black Pepper
Thyme
White rice



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