



basic cajun jambalaya

 Total time: 60 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 EVOO into a 4 quart Dutch Oven. With med-hi heat, brown the chicken thighs on both sides, careful not to cook completely. Slice the sausage to preferred thickness and add to the Dutch Oven. Do not drain the fond (juices).

Add the onion, celery, and bell pepper into the Dutch oven. When the onions become translucent, add garlic, 2 tbsp of Cajun seasoning, 2 tbsp Worcestershire sauce, 1 tbsp salt, 1 tbsp black pepper and continue to cook.

When the sausage has been thoroughly browned, and the vegetables fully sauteed, add 2 tbsp of Kitchen Bouquet, 6 cups of unsalted Chicken stock and 3 cups of rice. Bring to a boil.

Once you have a rolling boil, reduce heat to simmer and cover the Dutch Oven for 20 to 30 minutes.

DO NOT OPEN the lid to the Dutch Oven for at least 20 minutes. Then check to see if the rice is cooked through and all chicken stock has been absorbed. DO NOT STIR the rice but take a small spoon and taste.

When the rice is completely cooked and the stock has been absorbed, your jambalaya is ready to serve,

To store leftovers, if any, let the Jambalaya cool completely before placing in freezer bags and refrigerate or freeze.

Ingredients:

4 chicken thighs
2 lbs smoked sausage
Extra Virgin Olive oil
1 yellow onion
1 bell pepper
2 stalks celery
2 cloves of garlic
6 cups unsalted chicken stock
3 cups white rice
Cajun seasoning (P'Maws Cajun Shake)
Worcestershire Sauce
Kitchen Bouquet
Salt
Black Pepper



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