

Chicken & Andouille Gumbo

Ingredients:

1 ea	Whole Chicken, cut up	1 c	Bell Pepper, small
4 tbls	Cajun Seasoning		diced
½ lb	Smoked Sausage, sliced	1 c	Celery, small diced
		3 qt	Chicken Stock
¼ lb	Tasso, diced	2 c	Green Onions, sliced
1 c	Vegetable Oil	1 c	Parsley, chopped
1 ¼ c	All-purpose Flour	6 c	Cooked Rice
2 c	Onions, small diced		

Method:

Season the cut chicken with Cajun seasoning and set aside.

Heat the oil in a large cast iron Dutch oven over medium-high heat. Once hot, add the flour and stir constantly until roux is golden brown. BE CAREFUL NOT TO SCORCH. If black specks appear in your roux, throw it out and start over.

Add the vegetables and cook 3 - 5 minutes or until wilted. Add the chicken and sausage, stirring into the vegetable mixture. Add the chicken stock, a little at a time, stirring to incorporate completely. Once all the stock is added, stir in the Tasso and bring the mixture to a rolling boil. Reduce the heat to a simmer and allow to cook for approximately 2 hours. When the chicken is fully cooked and tender, stir in the green onions and parsley. Adjust seasoning to taste with Cajun seasoning, salt, pepper and hot sauce. Serve over steamed or boiled rice.