

Creole-Style Andouille, Shrimp and Chicken Jambalaya
AF DuPage Cooking Demonstration

April 16, 2022 11:00 am

Presented by Chef Chris Thielman & Karen Thielman

Servings: 4-6 servings depending on portion size

Special Equipment: 5 quart Dutch oven with cover or large oven-safe cooking pan with cover

Note: This dish is spicy, even when using mild andouille sausage. For a milder version, substitute chorizo or garlic sausage.

Ingredients:

3 Tablespoons peanut oil (divided into steps / 1 Tablespoon + 1 Tablespoon + 1 Tablespoon)
1 Tablespoon Creole seasoning (divided between the andouille, chicken and shrimp) (Tony Chachere's brand used)
6 ounces MILD andouille sausage, sliced into ¼ inch thick rounds
8 ounces boneless skinless chicken breasts, cut into 1-inch pieces
16 ounces shrimp (26-30 OR 16-20 size) peeled and deveined and tail removed

6 ounces onion, small dice
4 ounces green bell pepper, small dice
4 ounces celery, small dice
3 cloves garlic, minced
2 cups crushed tomatoes (San Marzano style recommended)
1/4 teaspoon red pepper flakes
1/4 teaspoon ground black pepper
1 teaspoon dried oregano
1/2 teaspoon dried thyme
2 bay leaves
2 teaspoon salt
3 teaspoons Worcestershire sauce
2 teaspoons Gumbo Filé powder (Tony Chachere's brand used)

1 1/2 cups uncooked real long grain white rice
2 cups chicken broth

Green onions (for optional garnish)

Method:

Heat 1 Tablespoon of peanut oil in a 5-quart Dutch oven over medium high heat.

Season the andouille sausage and chicken and shrimp pieces with the Cajun seasoning.

Sauté andouille sausage pieces until browned. Remove with slotted spoon and set aside.

Add 1 Tablespoon peanut oil, and sauté chicken pieces until browned on all sides. Remove with a slotted spoon and set aside.

In the same Dutch oven, add 1 Tablespoon of peanut oil and sauté the diced onion, bell pepper, and celery until tender and lightly browned. Add the minced garlic and cook for 30 seconds.

Stir in crushed tomatoes, red pepper flakes, black pepper, salt, Worcestershire sauce, oregano, thyme, bay leaves and Gumbo Filé powder.

Stir in the chicken and sausage pieces. Cook for a minute and bring to a boil, stirring occasionally.

Stir in the uncooked rice and chicken broth. Bring back to a boil, cover, and place in a 400° oven for 15 minutes.

Remove from oven, add the shrimp, re-cover, and cook for 10 more minutes.

It's possible to serve this dish immediately, but for better results it's preferable to let it rest for 15 more minutes, covered, out of the oven.

Remove bay leaves before serving.

Garnish with chopped green onions.