Julia's Gumbo

AS SEEN IN THE BOOK

This chicken & sausage gumbo recipe takes time and a lot of whisking and stirring, but it's oh-so-worth-it. As with all gumbos, it tastes more delicious the next day. Why? The ingredients get to know each other better in the refrigerator over night. 😉



Ingredients (Makes 12 servings)

- 16 ounces andouille sausage (sliced thin)
- 6 tablespoons vegetable oil
- 6 tablespoons all-purpose flour
- 1 cup finely chopped onion
- 1 cup finely chopped celery
- 1 cup finely chopped green bell pepper
- 4 cloves finely chopped garlic
- 8 cups chicken broth
- 4 cups cooked & shredded chicken (or turkey)
- 2 cans (14.5 oz each) diced tomatoes
- 2 cups frozen corn
- 1 tablespoon Cajun seasoning
- 1 teaspoon dried thyme
- 1/2 teaspoon black or white pepper
- 1 small bag of rice, cooked

Directions

1. In a frying pan, brown the sausage over medium heat. Remove and put on a plate lined with paper towels.
2. In a gumbo pot (AKA the biggest pot you have), over medium-low heat, whisk together the flour and oil. Stir constantly until roux is caramel in color (it should be at a constant low bubble).
3. Stir in the onion, celery, bell pepper, and garlic. Stir often and cook about 8 minutes. You may want to dribble in some chicken broth to make it easier to stir and prevent burning.
4. Bump the heat up to medium. Gradually stir in chicken broth and bring mixture to a boil.
5. Add sausage, chicken, diced tomatoes, corn, Cajun seasoning, thyme, and pepper.
6. Let it simmer, stirring occasionally, for 30 minutes.
7. Serve over cooked rice.
8. Let someone else do the dishes.