

# Chicken and Sausage Gumbo

## Ingredients:

1 cup vegetable oil	2 large, bone-in chicken breast (with skin)
1 cup flour	pound sausage or andouille, cut into bite sized pieces
1 large onion, diced	3 bay leaves
1 large green bell pepper, diced	2 tsp Tony Cachere's (or other creole/cajun spice)
1 large green bell pepper, diced	Water
6-8 stalks celery, diced	OPTIONAL: parsley, green onions
3 Tbsp minced garlic	

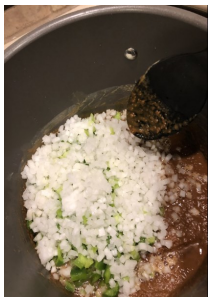


## Roux:

In a large stock pot, heat 1 cup oil over med-high heat. When hot, stir in 1 cup of flour. **\*\*DO NOT LEAVE THE POT!\*\*** Keep stirring—this will become a dark, Nutella color. You must keep stirring the whole time to keep the flour from burning. This will take somewhere between 15-30 minutes, depending on how hot the oil is.

## Gumbo:

Once the roux is dark, add chopped onion, bell pepper and celery (the trinity). Add 1 Tbsp of salt and 2 tsp creole / cajun seasoning. Cook until the mixture turns creamy. Add 3 Tbsp mixed garlic and stir.



Push onion/garlic mix to the side of pot and place chicken breast in bottom of pot. Sear chicken, then flip and sear other side. Add sausage and just enough water to cover the chicken.

Add bay leaves.

Cover pot and bring to boil. Once boiling, reduce to simmer and tilt lid to allow steam to escape.

Simmer until chicken is near falling off the bone (2-3 hours).

Reduce heat and uncover, Remove chicken, allowing it to cool slightly. Remove meat from bones and return to gumbo pot.

Serve over rice.