



Sausage & Chicken Jambalaya

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1 lb. smoked sausage, sliced
- 0.5 lb chicken, cut into small pieces

- 1 bell pepper, chopped

- 1 jalapeno pepper, chopped (optional)
- 2 ribs of celery, chopped
- 1 large onion, chopped
- 2 tbsp garlic, diced

- 2 1/2 cups long-grained rice
- 1 can diced tomato
- Green onion (optional)

Cajun seasoning:

- Thyme
- Parsley
- Cayenne
- Black pepper
- White pepper
- Paprika
- Oregano
- Onion powder
- Garlic powder
- Salt
- Chilli powder (optional)

Instructions

My First Jambalaya recipe!

1. Heat a large non-stick frying pan or wok on medium-high (must be non-stick to get the yummy browned bits)
2. Fry sliced sausage in a little oil till well-browned, and remove from pan.
3. Fry chicken till well-browned, and remove from pan.
4. Scrape a bit with wooden spoon to loosen browned bits.
5. Saute bell pepper, jalapeno, celery, onion, and garlic till fragrant.
6. Return meat to pan and mix.
7. Add diced tomato, rice, seasonings, and enough water or broth to cook rice - experimentation is necessary here to get the desired softness..
8. Stir and bring to a boil on high heat, then turn down fire to simmer, and cover.
9. Allow to simmer for 15 minutes without touching it.
10. Uncover to stir briefly and adjust taste if needed.
11. Allow to simmer for another 15 minutes or until rice is done.
12. Uncover and let sit for a couple of minutes to allow sauce to thicken.

Done!

In my research for the yummiest jambalaya recipe to try out for the first time, I looked at many many sources. My criteria is that the recipes should be as authentic as possible while being as painless as possible.. which can be quite conflicting sometimes. Here are some of the primary sources I relied on.

<http://www.soulfoodandsoutherncooking.com/jambalaya-recipe.html>

<http://www.nolafoodie.com/id80.html>

And of course <http://www.opensourcefood.com/people/FoodChix/recipes/chicken-and-sausage-jambalaya>

And also, strangely enough, Wikipedia.

Thanks for the inspiration!

All kinds of variations possible.. Common ingredients are sausage, onion, celery, bell pepper, cajun seasoning and of course rice. As for the rest, anything goes! Shrimp and other seafood are commonly used too.

This is the "red" version with tomatoes, you can also do it without tomatoes.

As for the jalapeno and chilli powder, it's definitely not that authentic.. I just like my food spicy.. =P