



# Gumbo

NIBBLEDISH CONTRIBUTOR

## Ingredients

- 1 tablespoon (14.8 mL) plus 1/2 cup (118 mL) vegetable or grapeseed oil
- 1 pound (.453 kg) smoked sausage, such as andouille, sliced
- 4 pounds (1.81 kg) boneless, skinless chicken
- Cajun seasoning (generally composed of cayenne with a little onion powder and garlic powder, other ingredients vary)
- 1 cup (237 mL) all-purpose flour
- 2 cups (473 mL) onion, chopped
- 1 cup (237 mL) celery, chopped
- 1 cup (237 mL) green bell pepper
- 1 teaspoon (4.93 mL) salt
- 1/4 teaspoon (1.23 mL) cayenne
- 2 bay leaves
- 9 cups (2.13 L) chicken stock
- 1/2 cup (118 mL) green onions, chopped
- 2 tablespoons (29.6 mL) fresh parsley, chopped
- 1 tablespoon (14.8 mL) filè powder (essentially ground sassafras leaves), or okra

## Instructions

A southern staple. You can add whatever kind of meats you want to a gumbo (with the exception of beef): chicken, turkey, duck, quail, pheasant, fish, crab, lobster, shrimp, scallops, oysters, etc., or replace the meats with smothered greens for a gumbo z'herbes.

1. Heat the tablespoon of oil in a large pot over medium-high heat. Add the

---

sausage and cook until well browned, about 8 minutes. Remove the sausage with a slotted spoon and drain on a paper towel-lined plate. Set aside.

2. Season the chicken with the Cajun seasoning and add to the fat remaining in the pot. Cook over medium-high heat until well browned, 5-6 minutes. Remove the chicken from the pot, let cool, and then refrigerate until ready to use.
3. Combine the remaining 1/2 cup of oil and the flour in the same pot over medium heat. Cook, stirring constantly, for 20-25 minutes, to make a dark brown roux, the color of chocolate. The roux will be smokey, but don't worry, it's normal. Do not stop stirring, or the roux is likely to burn.
4. Add the onion, celery, and bell pepper and cook, stirring, for 4 minutes. Add the sausage, salt, cayenne, and bay leaves, stir, and cook for 2 minutes. While stirring, slowly add the chicken stock, and stir until well-combined. Bring the mixture to a boil. Reduce heat to medium-low and cook, uncovered and stirring occasionally, for 1 hour.
5. Add the chicken to the pot and simmer for 1.5 hours.
6. Remove and discard the bay leaves. Shred the chicken. If using whole chicken, now is the time to remove the bones.
7. Stir in the green onions, parsley, and filè powder.
8. Serve over rice.