

CHICKEN ANDOUILLE GUMBO
Kathy Dishner – Caterer

CHICKEN

CHICKEN – 7 Lb

WATER – enough to cover the chicken

After removing chicken from packaging and taking pieces from inside – rinse chicken in cold water.

Put chicken in pot large enough to almost cover with water.

Cook over medium heat until chicken is tender and can be removed easily from the bone.

Pour off the stock – set aside.

Allow chicken to cool – then remove from bone and rough chop- Set aside

PREPARE VEGETABLES - (aka The Trinity) AND SET ASIDE

ONIONS -----1 ½ Cup chopped

GREEN BELL PEPPER – 1 Cup chopped

CELERY ----- 1 Cup chopped

ROUX

OIL- ½ cup plus 2 Tablespoons

FLOUR – ½ cup

In large heavy bottomed skillet (cast iron is the best) put ½ cup of the oil and ½ cup of the flour. Cook on medium heat **STIRRING CONSTANTLY** until roux reaches a dark color – like a dark penny- **IMMEDIATELY ADD ALL THE VEGETABLES TO THE ROUX AT ONE TIME.** Continue to cook on medium heat. During this process allow the vegetable to stick to the bottom of the pan a bit, then scrape the bottom with a metal spoon. This allows some of the natural sugars in the onions to caramelize, giving the dish more depth of flavor.

WHEN VEGETABLES ARE TENDER – ADD

1lb of ANDOUILLE SAUSAGE - OR A GOOD SMOKED SAUSAGE (which has been cut into ¼” slices) sauté for 3 or 4 minutes

**** Smoked sausage was used in the demonstration at the Farmer’s Market on November 29th.**

ADD

1 BAY LEAF – 1 tsp DRY THYME – 1 tsp BASIL – ½ tsp SAGE – ½ tsp BLACK PEPPER – ½ tsp WHITE PEPPER – ¼ tsp CAYENNE PEPPER & 2 tsp SALT- **MIX WELL**

POUR IN about 10 cups of RESERVED CHICKEN STOCK, PLUS CHOPPED CHICKEN.

SIMMER AT LEAST 1 HOUR-(longer is of course better) Stir occasionally – Serve with scoop of rice