



Chicken-and-Sausage Gumbo

A symbol of Creole cooking, gumbo is ubiquitous in homes and restaurants across Louisiana. Andouille sausage and file powder make this recipe a classic and, as in any good gumbo, a deep, rich roux thickens the stew.



YIELD: Makes 4 to 6 servings
COOK TIME: 3 Hours
PREP TIME: 55 Minutes
COURSE: Main Dishes

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Ingredients

- 1 pound andouille sausage, cut into 1/4-inch-thick slices
- 4 skinned bone-in chicken breasts
- Vegetable oil
- 3/4 cup all-purpose flour
- 1 medium onion, chopped
- 1/2 green bell pepper, chopped
- 2 celery ribs, sliced
- 2 quarts hot water
- 3 garlic cloves, minced
- 2 bay leaves
- 1 tablespoon Worcestershire sauce
- 2 teaspoons Creole seasoning
- 1/2 teaspoon dried thyme
- 1/2 to 1 teaspoon hot sauce
- 4 green onions, sliced
- Filé powder (optional)
- Hot cooked rice

Garnish: chopped green onions

2 - 1/2 cups okra at end

Preparation

Cook sausage in a Dutch oven over medium heat, stirring constantly, 5 minutes or until browned. Drain on paper towels, reserving drippings in Dutch oven. Set sausage aside.

Cook chicken in reserved drippings in Dutch oven over medium heat 5 minutes or until browned. Remove to paper towels, reserving drippings in Dutch oven. Set chicken aside.

Add enough oil to drippings in Dutch oven to measure 1/2 cup. Add flour, and cook over medium heat, stirring constantly, 20 to 25 minutes, or until roux is chocolate colored.

Stir in onion, bell pepper, and celery; cook, stirring often, 8 minutes or until tender. Gradually add 2 quarts hot water, and

ingredients. Reduce heat to low, and simmer, stirring occasionally, 1 hour. Remove chicken; let cool.

Add sausage to gumbo; cook 30 minutes. Stir in green onions; cook for 30 more minutes.

Bone chicken, and cut meat into strips; return chicken to gumbo, and simmer 5 minutes. Remove and discard bay leaves.

Remove gumbo from heat. Sprinkle with filé powder, if desired. Serve over hot cooked rice. Garnish, if desired.

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\$ Local deals for ingredients in this recipe:

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Store	Ingredient	Price Special	Unit Cost
A&P	Carolina Enriched Thai Long Fragrant Grain Rice, Jasmine	\$5.99 Valid through 02/23	\$0.21/oz
A&P	Carolina Parboiled Rice, Enriched Extra Long Grain, Fat Free	\$4.39 Valid through 02/23	\$0.05/oz
A&P	Onions Sweet	\$1.79 Valid through 02/23	\$0.11/oz
A&P	Onions Yellow/Brown	\$1.88 Valid through 02/23	\$0.12/oz
A&P	Tony Chachere's Creole Seasoning, Original	3 for \$5.00 Valid through 02/23	\$0.21/oz
Acme Markets	Pillsbury All Purpose Flour	2 for \$5.00 Valid through 02/23	\$0.03/oz
D'Agostinos	Garlic Regular	\$2.99 Valid through 02/21	\$0.00/oz
Fine Fare Supermarkets	Onions Red	\$0.59 Valid through 02/25	\$0.04/oz
Fine Fare Supermarkets	Tabasco Pepper Sauce Original Flavor	\$5.99 Valid through 02/25	\$0.50/oz
Foodtown	Onions Red	3 for \$2.99 Valid through 02/23 <i>bio through 02/23</i>	\$0.06/oz
Foodtown	Onions Sweet	\$1.49 Valid through 02/23	\$0.09/oz
Foodtown	Onions Yellow/Brown	3 for \$2.49 Valid through 02/23	\$0.05/oz
Key Food	Celery Hearts	2 for \$5.00 Valid through 02/23	\$0.16/oz
Key Food	Crisco Vegetable Oil Pure	\$5.99 Valid through 02/23	\$0.09/oz
Key Food	Onions Organic Yellow/Brown	3 for \$3.99 Valid through 02/23	\$0.08/oz
King Kullen	Carolina Enriched Rice, Extra Long Grain	\$1.99 Valid through 02/23	\$0.04/oz
King Kullen	Onions Yellow/Brown	\$1.69 Valid through 02/23	\$0.11/oz