



Chicken Sausage Gumbo

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Thanks to Chef John Stout from Celebration Market & Restaurant for this recipe, in honor of the 11th Annual Empty Bowls Luncheon (visit www.ntfb.org and www.celebrationrestaurant.com)

CHICKEN SAUSAGE GUMBO

Yields 12 cups

What you need:

- 1 lb Smoked Sausage (diced)
- 1 lb Boneless Chicken Breast
- 1 cup Celery
- 1 cup Bell pepper
- 1 cup Green Onion
- 8 cups Chicken Stock
- 1 ½ cup Vegetable Oil
- White Rice to your liking
- 1 tsp Salt
- 1 tsp Cayenne Pepper
- 2 tsp Garlic
- 2 cup Flour

What you do:

1. In Large bowl combine SALT, CAYENNE, GARLIC, and FLOUR and set aside.
2. In medium stock pot, bring chicken stock to boil.
3. Add to it your DICED SMOKED SAUSAGE.
4. In frying pan heat OIL till its hot.
5. Dredge chicken in seasoned flour mixture
6. Fry all chicken in oil until it turns golden brown and remove from heat.
7. Carefully remove chicken from oil.
8. Drain off enough oil from pan to leave about 1 cup, return pan to heat.
9. With a long handled wooden spoon, carefully add 6-7 tbsp of seasoned flour to the oil, stirring constantly until it becomes a reddish-brown color. Do not burn this roux!
10. Add CELERY, BELL PEPPER, and GREEN ONION to roux.
11. Cook till veggies are tender (about 5 mins)
12. Add veggie-roux mixture to stock one spoonful at a time till its dissolved.
13. Dice fried chicken breast and add to gumbo.
14. Cook 10-15 mins over medium heat
15. Serve over white rice.