

Butter Roux Chicken, Sausage and Shrimp Gumbo

From the Kitchen of [Deep South Dish](#)

- 1 pound raw small (100/150 count) Wild American shrimp, peeled and deveined (preferably Gulf shrimp)
- 1/2 cup (1 stick) unsalted butter
- 1/2 cup all-purpose flour
- 1 cup chopped onion
- 1/4 cup chopped green bell pepper
- 1/4 cup chopped celery
- 1- 1/2 quarts chicken stock/broth
- 2 small bay leaves
- 1- 1/2 teaspoons Creole or Cajun seasoning, or to taste
- 1 teaspoon dried thyme
- 1 pound mild or spicy smoked sausage or andouille, sliced
- 3 cups shredded cooked chicken
- 1 cup sliced frozen okra
- 1/4 cup sliced green onion
- Kosher salt and freshly cracked black pepper, as needed, to taste
- Hot sauce, (like Tabasco), for the table, optional

Instructions

1. Peel and devein shrimp; refrigerate until needed.
2. Prepare roux by melting butter over medium heat in a soup or gumbo pot and stirring in flour, a little at a time, until blended in. Continue cooking over medium high heat, stirring constantly until roux is fragrant and brown in color.
3. Add the onion, bell pepper and celery to the hot roux; cook, stirring constantly until tender, about 3 to 4 minutes. Reduce heat to low.

4. Stir in the stock or broth and add bay leaves, thyme and Creole or Cajun seasoning. Bring to a boil, then reduce heat to just under medium, cover and let simmer for 30 minutes.
5. Stir in the sausage and bring up to a near boil. Reduce to simmer and continue cooking for 15 minutes.
6. Add the chicken, okra, green onion and shrimp, bring up to a near boil. Reduce to simmer and continue cooking for 10 minutes longer, or until the shrimp are pink and chicken is warmed through.
7. Taste, add salt and pepper, only as needed, and adjust Cajun seasoning to taste.
8. Serve over hot steamed rice and pass a bottle of Tabasco for some extra kick. Add some hot, buttered French bread, rolls, cornbread or biscuits and some creamy gumbo potato salad, or a side salad to round out the meal.

Notes

This is a small batch gumbo, so double up on it if needed. I substituted 6 heaping tablespoons of the C'est Tout dried trinity I've featured on the site before, reconstituted in water, 5 minutes in the microwave for a yield of 1-1/2 cups.

To start with uncooked chicken, use 2 boneless, skinless chicken breasts, seasoned with salt and pepper on both sides. Heat 1 tablespoon of oil in the gumbo pot and brown the chicken in batches on both sides. Remove and set aside. Prepare roux, add trinity, stock, seasonings and chicken breasts. Simmer for about 30 minutes, or until chicken is cooked through. Remove and set aside until cool enough to shred. Continue with recipe, adding sausage and then adding shredded chicken to gumbo pot as indicated above.

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