

# GUMBO

## INGREDIENTS

For the Roux:

1 cup oil

1 heaping cup flour

For the gumbo:

1 large yellow onion

2 bell peppers

Head of garlic, minced

Half bunch celery

3 cups okra, sliced

Bunch of parsley

4 links Andouille sausage

2 lb. Chicken quarters

1 lb. Shrimp, peeled and tail off

3 quarts of broth

Bay leaves

Gumbo File powder (ground sassafras and thyme)

Seasoning:

This really comes down to preference. I salt and pepper as I go, tasting along the way. You can also add paprika, cayenne, cajun seasoning, garlic powder, thyme. Start small and build the flavor, tasting as you go.

## DIRECTIONS

Chop all veggies in a uniform dice.

If making your broth for the recipe, start by browning the chicken parts, covering with water and simmering for one hour. If you have time, pick the chicken off the bones and return the bones to the broth to simmer longer. Set chicken aside.

Brown the sausage without crowding the pan. Set aside.

To make the roux- heat oil in a heavy bottom pan. I like to use a separate one from my main pot. After a few minutes, when the oil just starts to shimmer, stir the flour in and stir heavily until smooth. Cook over low-med heat until desired color. Do NOT stop moving the roux, scraping the bottom of the pan almost constantly.

Once the roux is done, in your main large pot, all the diced peppers, onion and celery and cook for 5 minutes or so. Add garlic and cook an additional 3 minutes, stirring regularly.

Combine the roux with some broth, stirring aggressively so it doesn't separate. Then to main pot, all all roux, broth and meats, combining with all the vegetables already in the pot. Stir in okra, bay leaves and whatever seasonings you're using.

Simmer for at least a couple of hours.

When you're ready to serve, turn the heat off and add shrimp and gumbo file powder. The gumbo will thicken significantly as it cooks. You can allow it to simmer for quite a few hours. It will taste even better the next day!