



Chicken and Andouille Gumbo

Makes: 10 servings

Prep Time: 30 minutes Cook Time: 1 hour & 15 minutes

Total Time: 1 hour & 45 minutes

Ingredients

- 3/4 cup canola, corn, grape-seed, avocado or sunflower oil, divided
- 1 & 1/4 pounds boneless, skinless chicken thighs
- 12-16 ounces andouille sausage, sliced about 1/4-inch thick
- 3/4 cup all-purpose flour
- 2 medium bell peppers, diced small
- 1 large sweet onion, diced small
- 3 stalks celery, diced small
- 4 medium carrots, diced small
- 6 cloves garlic, finely minced
- 5 cups low-sodium chicken stock
- 2 medium-size bay leaves
- 8 sprigs thyme
- 1 tbsp sweet paprika
- 2 tsp dried oregano
- 1 tsp onion powder
- 1 tsp garlic powder
- 1/2-1 tsp cayenne pepper
- 1/2 tsp finely ground black pepper
- 28 ounces fire-roasted diced tomatoes

Instructions

Season the chicken on both sides with kosher salt and pepper.

Heat 2 tablespoons of the oil in a large Dutch oven or heavy-duty pot over medium heat. When the oil is hot, add the chicken and cook for 4-5 minutes, undisturbed until light golden brown. Flip to the other

side and repeat cooking for another 5 minutes.

When chicken is browned on both sides, remove it to a plate and set aside. Add the sliced sausage to the pan and cook, stirring occasionally for 3-4 minutes or beginning to brown. Remove sausage with a slotted spoon to the bowl with the chicken.

Reduce heat to medium-low and add the rest of the oil to the pot. With a metal spatula or wooden spoon scrape off the brown bits on the bottom of the pan. (These will add great flavor to your roux.) Add the flour, 1/4 cup at a time, stirring constantly after each addition, until all lumps have disappeared.

Continue to cook on low, maintaining a low but steady simmer. Watch it closely so that it doesn't burn. Stir every few minutes (more frequently during the last 5-8 minutes) until the mixture reaches a deep golden brown color. This will take about 30-35 minutes, depending on your heat level. If the roux starts changing too color quickly, reduce the heat so it won't burn.

Add the bell pepper, onion, celery and carrots and cook 2-3 minutes, stirring frequently. Add the garlic, cook and stir for another 30 seconds.

Slowly add the chicken broth while stirring. Add the reserved chicken, sausage, bay leaves, thyme sprigs, paprika, oregano, onion powder, garlic powder, cayenne and pepper.

Drain the fire-roasted tomatoes through a sieve into a bowl. Add the drained liquid to the pot. With your fingers break up the tomatoes into smaller bits then add the tomatoes to the pot.

Simmer for 45 minutes, stirring occasionally. Pull out the thyme stems and discard (most of the leaves will have fallen off). Remove the chicken with a slotted spoon to a plate and allow to cool. When cool, pull the chicken apart into bite-size pieces and return to the pot. Serve warm on its own or with jasmine or basmati rice.

Recipe from The Cafe Sucre Farine