

A Sutherland Belle

Chicken, Andouille, & Shrimp Gumbo

INGREDIENTS

For the Chicken

- 2 pounds thin chicken cutlets
- 1 teaspoon EACH: salt, garlic powder, cayenne, and Cajun (or Creole) seasoning
- 2 teaspoons canola or vegetable oil, divided

For the Roux

- 2/3 cup canola or vegetable oil
- 1 heaping cup all-purpose flour

For the Gumbo

- 24 ounces andouille sausage, sliced
- 1 large yellow onion, diced (about 1 1/2 cups)
- 1 large green pepper, finely chopped (about 1 cup)
- 3 stalks celery, finely chopped (about 1 cup)
- 2 tablespoons minced garlic
- 1/4 teaspoon white pepper (optional)
- 6 cups chicken stock
- 2 bay leaves
- 1 pound bag(16 ounces) frozen sliced okra
- 1 1/2 tablespoons gumbo filé powder
- 1/2 cup fresh parsley (plus more for garnish)
- 2 pounds fresh shrimp, peeled and deveined
- Cooked white rice
- Garnishes: green onions, fresh parsley, and hot sauce.

INSTRUCTIONS

1. Remove excess fat from the chicken breasts and place in a shallow bowl. Cover with 1 tablespoon of oil. Rub salt, garlic powder, cayenne, and Cajon seasoning on both sides of each breast, coating evenly. Let stand at room temperature for 30 minutes.
2. In a 7-quart Dutch oven, heat the remaining tablespoon of oil over medium heat. Add the chicken pieces and cook for 4-5 minutes per side. (Don't worry if the chicken is still pink. It will continue to cook in the gumbo.) Remove chicken from pan. Let rest for 5 minutes then shred (reserving juices.)

3. In the same pot, place the sausage slices in one layer in the pan. Brown them well on one side (2-3 minutes) and then use a fork to flip each over onto the other side to brown. Remove to a plate.
4. Reduce heat to medium-low. combine flour and oil, stirring or whisking (or both) constantly for 20-30 minutes. This part takes patience--when it's finished it should be as dark as chocolate. Be careful not to let it scorch or splash on your skin, and do NOT increase the temperature to make it cook faster. It WILL burn!
5. Remove from heat and immediately add the onion, celery, and green pepper, stirring constantly until the roux stops getting darker. Return pan to medium-low heat and cook until vegetables are soft, about 5 minutes, stirring constantly and scraping the pan bottom well.
6. Add garlic, shredded chicken, cooked andouille (plus juices), and white pepper if using. Add the chicken stock and bay leaves. Return to a boil then lower heat. Simmer partially covered for 30-35 minutes, stirring occasionally. Remove and discard bay leaves.
7. Add okra, and filé powder and cook for 5 minutes or until slightly thickened. Stir in shrimp and parsley. Cook, stirring occasionally, until pink and cooked through, about 3-5 minutes—taste and season with additional salt and cayenne pepper.
8. Serve over cooked white rice and garnish with fresh parsley, green onions, and hot sauce.
9. his recipe makes quite a lot, so save leftovers for another day! To freeze gumbo, allow it to cool completely and store it in a freezer-safe container (separate from the rice) for 2-3 months. Thaw overnight in the refrigerator and reheat on the stove or microwave.