



TASTING TABLE

An exclusive recipe to accompany the story found at <http://TastingTable.com>

Chicken and Andouille Gumbo

Recipe adapted from EAT

Makes 10 servings

- ½ cup all-purpose flour
- ½ cup canola oil
- 1½ large yellow onions, diced
- 4 celery ribs, diced
- 2 green bell peppers, diced
- 1 bunch scallions, chopped
- 1 garlic clove, minced
- 1 pound smoked sausage (such as kielbasa), sliced
- 1 pound andouille sausage, sliced
- 2 pounds boneless, skinless chicken, cut into pieces
- 1½ tablespoons kosher salt
- 2 teaspoons freshly ground black pepper
- 3 tablespoons Worcestershire sauce
- ½ teaspoon cayenne
- 3 quarts chicken stock or low-sodium broth
- 2 bay leaves
- Rice, for serving
- 2 teaspoons Gumbo file (available at Penzey.com)

1. In an 8-quart pot, add the flour and canola oil and cook over medium heat, stirring until the roux turns a dark caramel color. Stir in the onions, celery, peppers, scallions and garlic and cook until the onions are translucent.
2. Add the sausage, andouille and chicken, then stir in the salt, pepper, Worcestershire sauce and cayenne. Continue cooking, stirring occasionally, until the chicken is cooked through. Add the chicken stock and the bay leaves, bring to a simmer and cook over low heat, partially covered, for 3 hours, stirring occasionally until the stew has

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thickened. Remove the bay leaves. Serve over rice and sprinkle with the Gumbo file.

