

Chicken and Sausage Gumbo

Serves 8

We were introduced to this recipe by our daughter, Angela Vroom, who lives in Huntsville, AL. The original recipe is from Emeril Lagase and may be found on the FoodNetwork website. It takes time to make



but reheats well so I suggest you make it a day or two ahead when you have enough time. The original recipe states that it serves 4 but it is very filling, especially when served with rice so I estimate that it will serve twice that many. It also calls for "file powder" which is ground sassafras leaves. File powder is available in Ann Arbor at *By the Pound*. It also calls for *rustic rub*. I've provided the recipe for rustic rub but it makes far more than you need. If I'm in town, let me know and I'll give you the file powder or rustic rub from my supply. I use *Better than Bullion* concentrates instead of stock in all my recipes since I read the comparison of stocks done by *Cook's Illustrated*.

Ingredients

- 13.5 oz. Andouille sausage (1 package)
- 1 cup vegetable oil
- 1 1/2 lb. boneless chicken breast
- 1 tsp. rustic rub* or Emeril's Essence
- 2 Tbsp. Better than Bullion low sodium chicken broth
- 6 cups hot tap water
- 1 large onion (1 1/2 cup chopped)
- 2 ribs of celery (1 cup chopped)
- 1 large green bell pepper (1 cup chopped)
- 1 cup all-purpose flour
- 1 1/2 tsp. salt
- 1/4 tsp. cayenne
- 3 bay leaves
- 1 bunch parsley (2 Tbsp. chopped)
- 2 green onions (1/2 cup chopped)
- 1 Tbsp. file powder

Equipment:

- Large Dutch oven

Chicken Sausage Gumbo:

☑	Directions	Time (min)
	Chop 1 1/2 cup onions, 1 cup celery, 1 cup peppers	6
	Cut 1 lb. chicken into 1" chunks.	2
	Season chicken with 1 tsp. rub	1
	Cut 1 lb. sausage into 1/2-inch-thick slices	2
	Heat 1 Tbsp. oil in pot. Brown sausage	8
	Remove sausage with slotted spoon. Set aside	1
	Whisk together 2 Tbsp. chicken concentrate and 2 cups hot water.	2
	Brown chicken in sausage fat	8
	Remove chicken with slotted spoon. Set aside	1
	Add remaining oil (1 cup minus 1 Tbsp.), 1 cup flour	1
	Use medium heat. Stir oil and flour slowly until the color of dark chocolate	20
	Add onions, celery, and bell peppers and stir	2
	Add sausage, 1 1/2 tsp. salt, 1/4 tsp. cayenne, and 3 bay leaves and stir	2
	Add 2 cups chicken broth and 4 cups hot tap water. Stir until well combined	2
	Bring to a boil. Cover and reduce heat to low. Stir occasionally.	1 hr.
	Add chicken to the pot. Simmer	2 hrs.
	Skim off fat that rises to the top	1
	Chop 2 Tbsp. parsley and 1/2 cup green onions	5
	Remove from heat. Stir in parsley, green onions, and 1 Tbsp. file powder	1
	Remove the bay leaves	1
	Serve with rice (see rice recipe)	4 hrs. 8 min.