

# CHICKEN AND ANDOUILLE SMOKED SAUSAGE GUMBO

Source: Chef Paul Prudhomme's Louisiana Kitchen

Prepared: January 2016 by Mark O'Dell

Makes: 6 main dish or 10 appetizer servings

1 ( 2 to 3 pound) chicken, cut up  
Salt  
Garlic powder  
Ground cayenne pepper  
1 cup finely chopped onions  
1 cup finely chopped green bell pepper  
¾ cup finely chopped celery  
1 ¼ cups all-purpose flour  
½ teaspoon salt  
12 teaspoon garlic powder  
½ teaspoon ground cayenne pepper  
Vegetable oil for deep frying  
About 7 cups chicken stock  
½ pound andouille smoked sausage, cut in to ¼ inch cubes  
1 teaspoon minced garlic  
Hot, cooked rice

Remove excess fat from the chicken pieces. Rub a generous amount of salt, garlic powder, and cayenne on each piece, making sure each side is evenly covered. Let stand at room temperature for 30 minutes.

Meanwhile, in a medium-size bowl combine the onions, bell peppers and celery; set aside.

Combine the flour, ½ teaspoon salt, ½ teaspoon garlic powder and ½ teaspoon red pepper in a paper or plastic bag. Add the chicken pieces and shake until chicken is well coated. Reserve ½ cup of the flour.

In a large heavy skillet heat 1 ½ inches of oil until very hot (375 to 400 degrees). Fry the chicken until crust is brown on both sides and meat is cooked, about 5-8 minutes per side; drain on paper towels. Carefully pour the hot oil in to a glass measuring cup, leaving as many of the browned particles in the pan as possible. Scrape the pan bottom with a metal whisk to loosen any stuck particles, then return ½ cup of the hot oil to the pan.

Place pan over high heat. Using a long handled metal whisk, gradually stir in the reserved ½ cup flour. Cook, whisking constantly, until roux is a dark red-brown to black, about 3 ½ to 4 minutes, being careful not to let it scorch or splash on your skin. Remove from heat and immediately add the reserved vegetable mixture, stirring constantly until the roux stops getting darker. Return pan to low heat and cook until vegetables are soft, about 5 minutes, stirring constantly and scraping the pan bottom well.

Meanwhile, place the stock in a 5 ½ quart saucepan or large Dutch oven. Bring to a boil. Add roux mixture by spoonfuls to the boiling stock, stirring until dissolved between each addition. Return to a boil, stirring and scraping pan bottom often. Reduce heat to a simmer and stir in the andouille and minced garlic. Simmer uncovered for about 45 minutes, stirring until dissolved between each addition. Return to a boil, stirring and scraping pan bottom often.

Reduce heat to a simmer and stir in the andouille and minced garlic. Simmer uncovered for about 45 minutes, stirring often towards the end of cooking time.

While the gumbo is simmering, bone the cooked chicken and cut the meat into ½ inch dice. When the gumbo is cooked, stir in the chicken and adjust seasoning with salt and pepper. Serve immediately.

To serve as a main course, mound 1/3 cup cooked rice in the center of a soup bowl; ladle about 1 ¼ cups gumbo around the rice. For an appetizer, place 1 heaping teaspoon cooked rice in a cup and ladle about ¼ cup gumbo on top.

### *COOK'S NOTES*

