

Chicken & Andouille Gumbo

Cajun-style, dark roux - serves 6 to 8

Serves 6-8 • Prep 30 min • Cook 2 hrs • Cajun-style

INGREDIENTS

The roux & trinity

- 1 cup all-purpose flour
- 1 cup neutral oil
- 1 large onion, diced
- 2 celery stalks, diced
- 1 green bell pepper, diced
- 4 garlic cloves, minced

The pot

- 1 lb andouille sausage, sliced
- 2 lbs bone-in chicken thighs
- 8 cups chicken stock
- 2 bay leaves
- 1 tbsp Cajun seasoning
- 1 tsp dried thyme
- 1/2 tsp cayenne (to taste)
- Salt and black pepper
- 2 tsp file powder (optional, to finish)

To serve

- Cooked white rice
- Sliced scallions
- Hot sauce

METHOD

1. Make the roux: whisk the flour and oil together in a heavy pot over medium heat and stir, constantly, until it turns the color of dark chocolate - 30 to 45 minutes. Do not walk away or let it burn.
2. Add the onion, celery, and bell pepper (the holy trinity) to the hot roux and cook until soft, about 8 minutes, then stir in the garlic.
3. Slowly whisk in the warm stock, then add the sausage, chicken, bay leaves, and seasonings. Bring to a simmer.
4. Simmer gently, partly covered, for about 1.5 hours. Pull the chicken, shred it off the bone, and return the meat to the pot.
5. Taste and adjust the salt, pepper, and cayenne. Off the heat, stir in the file powder if using (never boil it).
6. Serve in bowls over a scoop of white rice, topped with scallions and a few shakes of hot sauce.

Tip • The roux is the whole dish - the darker you take it (safely), the deeper the flavor. Keep the heat moderate and the spoon moving.
