

BOUCHAINE

N A P A V A L L E Y ♦ C A R N E R O S

New Orleans Style Gumbo

BY CHEF MARTY SLAVIN

(Serves 6)

Roux Ingredients

1 cup all purpose flour

¾ cup oil
(vegetable or canola,
no olive oil)

Gumbo Ingredients

1 bunch diced celery,
leaves and all

1 diced green bell pepper

1 diced large yellow onion

1 bunch finely chopped
parsley leaves

1-2 cloves garlic

1-2 tbsp. Cajun seasoning

6-8 cups chicken broth/stock

12 oz. andouille sausage
sliced into coins.
(substitute Polish kielbasa
if andouille is not available)

2-3 lbs. cooked chicken meat
(mix of dark and white meat)

2 cups precooked shrimp
(can use small bay shrimp
or larger ones)

Cooked white rice

Directions

Make the roux. In a large, heavy bottom stock pot, combine flour and oil. Cook on medium low heat, stirring constantly for 30-45 minutes. This takes patience, when the roux is finished, it should be dark, chocolate brown and have a cookie dough consistency. Be careful to not let it burn, and feel free to add more oil or flour as necessary to reach this consistency.

Brown the sausage in a separate skillet on medium high heat. Add ½ cup of broth to deglaze the pan. Pour the broth and drippings into the stock pot with the rest of the broth/stock, roux. Add the veggies, parsley and stir well. Bring to boil for 5-7 minutes, skim off any foam, and stir in the Cajun seasoning. Add chicken and shrimp. Taste for seasonings, add salt, pepper and Cajun seasoning to fit your preferences.

To serve, you have two options. Stir in cooked rice and simmer, or serve stew over rice.