

Chicken and Sausage Gumbo

This is from John Besh's cookbook *My New Orleans*, with a few additions of mine.

- 1 cup rendered chicken fat (if you happen to have it) or cooking oil, such as canola.
 - 1 cup flour
 - 2 large onions, diced
 - 1 chicken, cooked or raw, cut up into pieces. (I take most or all of it off the bones)
 - 2 tablespoons of your favorite spice powder (Tony Chachere's, for example. I also include John Besh's recipe for spice mix below).
 - 1-2 pounds of sausage (I prefer Andouille)
 - 2-4 stalks of celery, diced
 - 2 bell peppers, diced
 - 2 fresh tomatoes, or one can, diced
 - 2-3 cloves of garlic, minced
 - 2 teaspoons thyme, or leaves of 2-3 sprigs of fresh thyme
 - 3 quarts chicken stock, or 3 q water with 3 chicken bouillon cubes, or some combination thereof
 - 2 cups okra, frozen is fine
 - 2-3 bay leaves
 - ½ cup green onions
 - ½ cup fresh parsley
 - Salt, pepper, cayenne, as you see fit. (I usually do about a teaspoon of each.)
- 1) In a heavy pot, heat the oil over high heat. When it is to the point of smoking, whisk in the flour and reduce the heat to medium. Continue whisking until it is dark brown, then add the onions. Reduce heat to medium-low and continue stirring the roux until it is glossy and dark.
 - 2) If you're using raw chicken, dust it with your spices, add it to the pot, and brown it over medium heat.
 - 3) Add the sausage and brown it for a few minutes.
 - 4) If you're using cooked chicken, dust it with spices and add it.
 - 5) Add the celery, bell peppers, tomatoes, and garlic, and cook for a few minutes.
 - 6) Add the thyme, chicken stock, and bay leaves. Ring to a boil, stirring occasionally. Reduce heat to med-low, and simmer for 45 minutes. Occasionally, skim the fat and stir the pot.
 - 7) Add the okra, green onions, parsley, salt, pepper, and cayenne.
 - 8) Besh adds about a tablespoon of Worcestershire, which is a nice touch.
 - 9) Simmer another 45 minutes or so.
 - 10) Serve over rice, with gumbo file and hot sauce as accompaniments. Serves about 12.

SPICE RUB: 2T celery salt; 1T sweet paprika; 1T sea salt; 1T fresh-ground black pepper; 1T garlic powder; 1T onion powder; 2 tsp cayenne pepper; ½ tsp allspice.