
Chicken and Smoked Andouille Gumbo

Chef Patrick Mould
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Servings: 8

FOR THE CHICKEN STOCK

1 2-1/2 pound chicken

14 cups water

2 tablespoons Cajun seasoning

2 Bay leaf

FOR THE GUMBO

12 cups reserved chicken stock

1 cup dark roux

1 pound andouille sausage, sliced

1 cup onions, chopped

1/2 cup celery, chopped

1/2 cup green pepper, chopped

1 tablespoon minced garlic

2 teaspoons hot sauce

1 teaspoon salt

1/2 cup green onions, chopped

1/4 cup minced parsley

4 cups cooked rice

Place the chicken, fourteen cups of water, one tablespoon of Cajun seasoning and the bay leaves in a stockpot. Bring the water to a boil. Reduce the heat and simmer for 45 minutes. Strain and reserve twelve cups of the stock for the gumbo..

Allow the chicken to cool. Debone the chicken and discard the skin. Coarsely chop the meat and reserve.

Heat a large saucepan and add the sliced andouille sausage. Cook until browned. Stir in the onion, celery, bell pepper and garlic. Cook for 5 minutes. Add the reserved twelve cups of chicken stock. Bring to a boil. Add the dark roux. Lower the heat and simmer for 30 minutes.

Add the hot sauce and the remaining one tablespoon of Cajun seasoning. Simmer for an additional 30 minutes.

Add the reserved chopped chicken and simmer for 10 minutes. Stir in the green onions and parsley.

Divide the rice into eight large bowls. Ladle the gumbo over the rice.

(NOTE: If you don't have twelve cups of chicken stock from cooking the chicken, you may add water to make the twelve cups.)

Soups, Chili, Stew

Per Serving (excluding unknown items): 363 Calories; 17g Fat (41.6% calories from fat); 21g Protein; 31g Carbohydrate; 2g Dietary Fiber; 93mg Cholesterol; 554mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.