

Cindy's "Almost Famous Roux"

MAKING LIFE EASIER ONE GUMBO AT A TIME

My roux is fully prepared with the traditional trinity of onions, celery and bell pepper, and a generous sprinkling of "Slap Ya' Mama". A 1 pint container will make a gumbo big enough to feed up to 12 big appetites. If you choose to reduce your recipe and only use half, any unused product will remain good in the refrigerator for at least 2 weeks. My suggestion, however, is to just go ahead and cook the whole thing and freeze the leftover gumbo. After all, we all know that gumbo is better the second time around.

My roux is great for any type of gumbo: Chicken & Sausage; Seafood & Okra; Turkey and Andouille; or even for stews and gravies. My all-time favorite is chicken and sausage, so I will also give the recipe I like to call my own. It's also great for stews, gravies and to add "some kick" to a pot of beans.

To Defrost, place in a sink full of warm water to bring it to room temperature.

Cindy's "Almost Famous Chicken & Sausage Gumbo"

3-4 quarts water (start with 3 and add, depending on how thick you like your gumbo).

½ Jar "Better than Bouillon" Chicken Flavor base (regular or low sodium)

1 Pint size container of Roux

3-4 lbs. chicken (Boneless skinless chicken thighs are my fav for the flavor)

2-3 lbs. smoked pork sausage (Manda is my fav) and/or Andouille

1 bunch green onions (scallions) chopped.

1. Bring water and Better than Bouillon mixture to a boil. Spoon in and dissolve Roux into the stock. Bring to a rolling boil and then reduce heat to medium/low and cook for 30 – 45 minutes.
2. Slice the sausage into bite size pieces and spread on a baking sheet. Bake sausage at 400 degrees until they are crispy on the edges (about 15 minutes or so). Drain the excess fat and set aside.
3. If using boneless meat, cut into bite size pieces. Lightly season chicken with salt and pepper (optional).
4. Add the sausage to the stock and bring to a boil. Reduce the heat to low and simmer another 30 minutes.
5. Add the chicken to the stock and bring to a boil for 10 minutes. Reduce heat to medium/low and simmer another 30 minutes.
6. Add the green onions (shallots) and continue simmering for at least 45 minutes.

HINT: Once you add the meat and have it on simmer, there is no need to stir frequently. Too much stirring will break up the chicken.

NOW...YOU'RE GOOD TO GUMBO!!!!

Don't forget the rice and Potato Salad ☺

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