

GUMBO SHOP'S GUMBO

(Inspired by the Gumbo served at the Gumbo Shop in New Orleans.)

2½ lbs. chicken thighs/legs	1 bay leaf
8 cups chicken broth	1 tsp. thyme
1lb cut frozen okra	1 tsp. basil
½ cup plus 2 tbs. cooking oil	½ tsp. sage
½ cup all-purpose flour	½ tsp. black pepper
2 cups chopped onions	½ tsp. white pepper
1 cup chopped green pepper	½ tsp. cayenne pepper
½ cup chopped celery	2 tsps. salt
1 cn. chopped tomatoes with green chilies	
¾ lb. andouille sausage or smoked sausage, sliced	

Remove the skin from the chicken. Cover with water and simmer for about 1 hour until chicken is tender and easily removed from bones. Allow chicken to cool, remove from bones and set aside.

As chicken is cooking, chop onion, pepper and celery (aka, the Holy Trinity) and set aside. Slice the sausage into ½ inch rounds and set aside.

Thaw the okra and saute in 2 tbs. of oil. Cook okra until most of the ropiness is gone and it has caramelized a little on bottom of pot. Thin bottomed pot best for this. Once okra is cooked, stir in the can of tomatoes. This will deglaze the okra. Stir.

Next step. Make the roux. Heat ½ cup oil in a heavy bottomed pan. Metal utensil needed. When oil is hot (not smoking) stir in ½ cup flour a little at a time. Stir constantly until it reaches a chocolate brown. As soon as roux is finished, dump in veggies and saute in the roux until soft. It's ok if veggies stick. When veggies are done, add the sausage and tomato okra mixture. Cook 10 minutes. Add the spices, broth and chicken. Bring to a boil. Reduce heat. Simmer 1½ hours with lid off. Taste and adjust spices. Serve over rice with hot sauce (optional).

Late in the simmer, cleaned, deveined shrimp can be added. If bringing to an event, rice can be added right in the gumbo and simmering can be done in a crock pot.

