

IN THE GALLEY WITH TRUDY

Gumbo

1 cup oil, lard, or bacon drippings
1 chicken, cut up or boned
1 1/2 lbs Andouille sausage
1 cup flour
4 cups chopped onion
2 cups chopped celery
2 cups chopped green pepper

1 Tbs chopped garlic
8 cups stock or flavored water
2 cups chopped green onion
Cooked rice
*Joe's Stuff seasoning**
*Filé***

Season and brown the chicken in the oil (lard or bacon drippings), over medium heat. Add the sausage to the pot and sauté with the chicken.

Remove both from the pot.

Make a roux with equal parts of oil (must be free of food particles to avoid burning) and flour to desired color.

Add onions, celery, and green pepper.

Add the garlic to the mixture and stir continuously.

After the vegetables reach the desired tenderness, return the chicken and sausage to the pot and cook with the vegetables, continuing to stir frequently.

Gradually stir in the liquid and bring to a boil. Reduce the heat to simmer and cook for an hour or more.

Season to taste with *Joe's Stuff seasoning**.

Approximately 10 minutes before serving, add the green onions.

Serve the gumbo over rice. Serves 15-20.

**Joe's Stuff seasoning* is blended especially for the New Orleans School of Cooking and is not too hot or salty.

Purchase it on-line at www.neworleansschoolofcooking.com.

***Filé* is a fine green powder of young dried ground sassafras leaves that's used in gumbo for flavor and thickening.

Place it on the table for diners to add to their gumbo.

1/4 to 1/2 tsp per serving is recommended.



This issue I am leaning my recipe space to Kevin Belton, instructor at The New Orleans School of Cooking. Club members learned how to make this dish while attending a class at the school during the club's spring rally in New Orleans, Louisiana. Thank you, Kevin, for providing this delicious recipe!