

Louisiana Gumbo

HolisticQ Signature Recipe

This Gumbo is perfect for any special occasion but especially New Years Day! This recipe was handed down to us from a great family cook, my Dad. This recipe will serve 4 to 6 people but can easily be doubled if necessary. The most crucial step is the making of the roux. A roux is the base of numerous Cajun and creole dishes. The proportion of roux to liquid is also important. We have 8 cups of water, or 1/2 gallon, in this recipe so we will use 3/4 cups flour and 3/4 cups of high heat oil for the roux. (avoid low temp oils such as olive)

Ingredients:

Roux:

1 Large yellow or sweet Onion, chopped (the biggest you can find or 2 medium onions)
3/4 cup avocado oil
3/4 cup flour

Gumbo:

8 cups water
2 large raw chicken breasts cut into bite size pieces
1 pound andouille sausage links (cut into bite size pieces)
1 pound raw wild caught shrimp (whatever size you want)
2 teaspoons salt
2 tablespoons minced oregano leaf
1 bunch chopped parsley (approx. 1 cup)
2 tablespoons minced garlic
3 tablespoons gumbo file' (100% ground sassafras)

Make the Roux:

Chop the large onion first (very important step) then set aside. Heat oil in a large skillet and slowly add the flour stirring constantly to blend and prevent burning. **Lower heat** to med/low and continue constant stirring until the roux achieves the color of a copper penny. It is important to stir in a manner that scrapes the entire bottom of the skillet so that the flour is browned evenly. We use a flat wooden spatula. When the proper color is achieved turn off the heat and immediately add the chopped onion and stir until the onions are well incorporated into the roux and set skillet aside. The onions stop the browning process.

In a LARGE stockpot combine the water, salt, oregano, parsley, garlic, and the raw cut-up chicken breasts. Bring to a boil, lower heat and cover... continuing to cook at a simmer for 15 minutes.

Add the Roux with onions and the cut-up andouille sausage to the stockpot and simmer over med/low heat for 1 hour.

At this point, taste the broth to check for saltiness and add more in small amounts to taste, if necessary.

Add the shrimp and cook an additional 15 minutes. Turn off heat.

The last step is to stir in the gumbo file' after cooking is complete, but the gumbo is still hot.

It is now ready to be served in a bowl over rice and your favorite bread!

Enjoy!!!