Shrimp and Sausage Gumbo

Description

Shrimp gumbo made with smokey sausage, shrimp, chicken, and okra. Nothing like the flavor and the aroma of this authentic Louisiana Cajun gumbo.



Summary

Yield: 8
Prep Time: 3 hours
Category: Gumbo
Cuisine: Cajun
Tags: new orleans, louisiana

Ingredients

The Roux
- 2/3 cup vegetable oil
- 2/3 cup white flour

Gumbo Base
- 1/2 lb anduille smoked sausage, sliced
- 1/2 lb kabanos smoked sausage, sliced
- 3 lb chicken fryer, cut up
- 2 lbs fresh shrimp, peeled and deveined
- 2 cup onion, chopped
- 2/3 cup green bell peppers, chopped
- 1/2 cup green scallion tops, thinly sliced
- 2 tbsps fresh parsley, finely minced
- 2 cloves garlic, finely minced

Stock and Seasonings
- 2 qts cold water
- 3 1/2 tsps sea salt
- 1 1/4 tsps fresh ground black pepper
- 1/8 tsp cayenne pepper
- 1 tsp dried thyme
- 3 whole bay leaves, crushed
- 3 tbsps file powder

Instructions

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Assemble the ingredients for the gumbo base (smoked sausage, chicken, shrimp, bell peppers, onions, garlic, parsley, and scallions). Heat the oil in a heavy 8 quart stock pot over high heat. Brown the chicken parts in the oil, turning as you cook to ensure even browning. When the chicken is brown, remove to a baking dish, and place uncovered in a preheated 175° F oven to keep warm.

Prepare the roux by gradually adding the flour to the oil in the pot. Stirring constantly, cook over a low heat until the roux is a dark brown color (the color of chocolate). When the roux reaches the right color, add the sausage, onion, green bell pepper, scallions, parsley and garlic.

Continue cooking over low heat for 10 minutes, stirring continuously. Add 1/4 cup of water, the browned chicken pieces, and the remaining spices and seasonings except the file powder (salt, black pepper, cayenne pepper, dried thyme, bay leaves). Mix thoroughly. At a low heat, add the rest of the water gradually and bring the gumbo to a full boil. When the gumbo begins to boil, simmer at a low heat for 45 minutes, until the chicken is very tender.

Remove the chicken and some of the sausage slices with a slotted spoon and transfer to a deep bowl. Cover the bowl with plastic wrap and refrigerate for another meal. Add the shrimp to the gumbo and cook for another 8 minutes. Remove the pot from the heat allow to cool slightly (a few minutes). Add the file powder and stir. Let the gumbo stand in the pot for another 5 minutes.

Serve in gumbo bowls or deep soup bowls over white rice.

Notes

Smoked sausage comes in many varieties and styles. We particularly like the smoked anduille sausage for making gumbo. On a recent trip to Atlanta, we picked up some anduille and kabanos sausage at the Dekalb Farmer's market. The sausages were made by Patak Meat Products, a wonderful manufacturer of fine European meats and sausages located in Austell, Georgia.