

Louisiana Gumbo

Serves 6 to 8 · 2 hr 30 min · Roux, okra and a melting pot



Photo: Shrimp gumbo: Kate, CC BY 2.0 (https://commons.wikimedia.org/wiki/File:Gumbo_-_Kate_2012.jpg)

Ingredients

- 3/4 cup neutral oil (180 ml)
- 3/4 cup all-purpose flour (95 g)
- 1 large onion, 2 celery stalks and 1 green bell pepper, all diced
- 4 garlic cloves, minced
- 1 lb (450 g) smoked andouille sausage, sliced into rounds
- 2 lb (900 g) boneless chicken thighs, cut in large chunks
- 8 cups chicken stock (1.9 liters)
- 2 bay leaves, 1 tsp dried thyme
- 1 to 2 tsp Cajun seasoning, plus cayenne to taste
- 1 cup sliced okra (about 120 g), fresh or frozen (optional)
- Sliced green onions and parsley
- Filé powder and hot sauce, to serve
- Cooked long-grain white rice

Method

- 1** Brown the sausage in a large heavy pot, then the chicken seasoned with Cajun seasoning. Set both aside.
- 2** Add the oil to the pot and whisk in the flour. Cook over medium-low heat, stirring constantly with a flat wooden spoon, for 30 to 45 minutes until the roux is a deep chocolate brown. If you see black specks, it has burned: start again.
- 3** Add the onion, celery and bell pepper. The roux will sizzle and darken further. Cook 8 minutes until soft, then add the garlic for 1 minute.
- 4** Gradually whisk in the stock until smooth. Add the bay leaves, thyme, chicken and sausage.
- 5** Simmer uncovered for 1 hour, skimming fat from the surface. Add the okra for the last 20 minutes if using.
- 6** Season with salt and cayenne, and stir in the green onions and parsley.
- 7** Serve over rice with filé and hot sauce at the table.

More on this dish, its history and the full photo credits: <https://intercontinentalchef.com/louisiana-gumbo/>