



## Chicken & Sausage Gumbo

### INGREDIENTS

- 4 tablespoons vegetable oil
- 2 - 3 pounds chicken thighs cut into bite size pieces
- 2 - 3 pounds chicken breasts cut into bite size pieces
- 2 - 3 pounds chopped smoked andouille or pork sausage cut into bite size pieces
- 2 cups diced yellow onions
- 2 cups diced green bell pepper
- 2 cups diced celery
- 2 tablespoons minced garlic
- 4 quarts chicken stock plus water if needed
- 2 teaspoons cayenne pepper
- 4 tablespoons Emeril's Essence Cajun Seasoning
- 1 cup vegetable oil
- 1 cup all purpose flour
- Kosher salt and freshly ground black pepper
- 8 cups cooked long-grain white rice
- 1 cup chopped green onion tops
- Filé powder (sassafras root), for serving

### INSTRUCTIONS

- In a large cast-iron pot over medium-high heat, add the 4 tablespoons vegetable oil.
- Once the oil is hot, add the sausage and brown on both sides.
- While the sausage is browning, liberally season the chicken thighs and breasts with Emeril's Essence.

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- Once browned, remove the sausage to a platter and set aside.
- To the pot, add the seasoned chicken thighs and brown. Remove from pot and set aside.
- To the pot, add the seasoned chicken breasts and brown. Remove from pot and set aside.
- To the pot, add the onions, bell peppers, and celery. Add 2-3 tablespoons of Emeril's Essence to the mixture and sauté until the vegetables are soft and the pot has been deglazed. At this point add the garlic and sauté until combined. Remove from pot and set aside.
- To the deglazed pot over medium high heat, add 1 cup of oil. When the oil is hot, begin slowly adding the flour stirring constantly until the flour thickens and turns the color of a dark milk chocolate.
- When the desired color of the roux is reached, add the vegetable mixture to the hot roux.
- Add the chicken stock to the pot and bring to a boil. Season with cayenne pepper; stirring to combine.
- Add the sausage and chicken thighs to the pot and reduce the heat to a simmer. Cover the pot and let cook for 1 hour.
- After an hour, uncover and skim the surface of any excess oil.
- Cover the pot and simmer for 45 minutes longer.
- Uncover the pot and once again skim the surface of any excess oil.
- At this point, add the seasoned chicken breasts to the pot, cover, and simmer for 30 minutes more.
- Uncover the pot and skim the surface of any excess oil.
- Taste the gumbo and add salt and pepper to taste.
- Ladle the gumbo into large bowls over a mound of rice and garnish with chopped green onion tops.
- Add a dash of filé powder if you like.
- Serve with garlic French bread.