



# From the kitchen of Chef Ederique Goudia

## Chicken & Sausage Gumbo

### Ingredients:

3/4 cup vegetable oil  
1 cup flour  
2 cups yellow onions, chopped  
1 cup celery, chopped  
1 cup green bell peppers, chopped  
2 tsp. salt  
¼ tsp. ground cayenne pepper  
1 lb. smoked sausage, sliced  
6 cups water  
1 lb. smoked turkey necks (optional)  
1 lb. diced boneless skinless chicken breast  
2 Tbsp. parsley, chopped  
½ cup green onions, chopped  
2-3 dashes hot sauce  
1 Tbsp. filé powder  
4 cups cooked white rice

### Process:

- Combine the vegetable oil and flour in a large Dutch oven over medium heat. Stir slowly and constantly for approx. 30-45 minutes to make a dark brown roux, the color of chocolate.
- Add the onions, celery, and bell peppers and continue to stir for 5 minutes until tender. Add the salt, cayenne pepper and sausage, stir and cook for an additional 3 to 4 minutes. Add the water and stir until the roux mixes with the water and is well combined. Add smoked turkey necks, if using. Bring to a boil, then reduce heat to medium. Cook, uncovered, for two hours, stirring occasionally.
- Add diced chicken breast to the pot. Stir and simmer for 30 minutes.
- Skim off any fat that rises to the surface. Stir in the parsley, green onions, hot sauce and filé powder. Remove from the heat.
- Serve in deep bowls over cooked white rice.

