

Keith's Award Winning Chicken and Sausage Gumbo

This recipe makes about 5 gallons of the best Gumbo you'll ever taste.

INGREDIENTS

(4) Green Bell Peppers	(1) Yellow Bell Pepper	(1) Red Bell Pepper
(1) Orange Bell Pepper	(2) Large Stalks of Celery	(2) Bunches of Green Onions
(1) 16oz Bottle Of Orange Juice	(1) Clove of Garlic	(8) Whole Red Peppers(HOT)
(4lb) Beef Smoked Sausage	(7lb) Boneless Chicken Breasts	(3lb) Yellow Onions
(3) Jars of Pre-made Roux	(1) Large Bag of Cut Frozen Okra	(3) Gallons Of Water

This recipe will require the use of a large pot, such as a Turkey Frying Pot.

Put the water in the pot and turn the fire on. Open the jars and pour the nasty oil out. All the oil is good for is to make the gumbo greasy. As the water is heating add the 3 jars of roux. Make sure you stir the water and roux every 5 to 10 minutes until the roux is mixed into the water. While the roux is heating up in the water, you will need to cut all of your vegetables and meats. Save the Whole Red Peppers for later. Hopefully you did that daunting task without cutting any fingers. Bring the brown roux/water mixture to a boil and let boil for about 15 minutes. Now you are ready to really start cooking. Add the meat, veggies, and frozen Okra and bring back to a boil. Once a rolling boil is going, let it boil for 15 minutes. Then turn the heat down to a simmer. Once the pot of gumbo is simmering for about 30 minutes, you will need to add the Whole Red Peppers to the pot but first you need to take the peppers and crush them up in your hand. To put the finishing touches on this wonderful pot of Gumbo, add the Orange Juice after the peppers have been added. Simmer for another 1 hour and 30 minutes stirring about every 15 minutes. After the fire is turned off, let the gumbo sit for about 30 minutes with the lid on the pot and DO NOT STIR during this time. This is a critical time for your gumbo. This time enhances the flavor of your gumbo. Serve over rice.

This recipe makes enough to serve a bunch of regular people or 6 hungry Cajuns.

Chef Keith

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