

Sparkle Kitchen

Gumbo

Ingredients

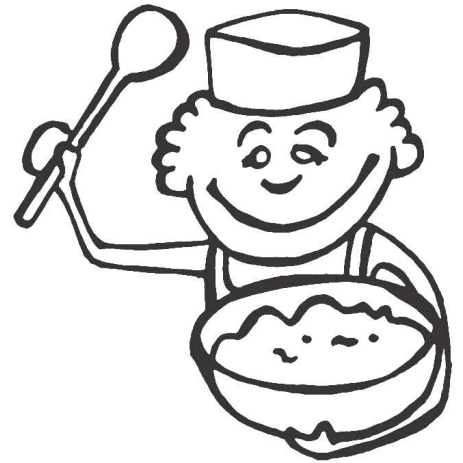
1 pound boneless, skinless chicken thighs (4-5 thighs)
4-5 cups reserved chicken stock
1 pound sausages
about ¼ cup butter
¼ cup flour
1 cup diced carrots
1 cup diced onion
1 cup diced celery
1 large, diced garlic clove
1 tablespoon dried thyme
1 tablespoon dried basil
1 bay leaf
1 14.5 ounce can diced tomatoes with juice
12 ounces fresh or frozen okra, sliced
1 tablespoon gumbo file
salt and pepper
hot sauce (for serving)
rice (for serving)

Directions

Add the chicken thighs to a large stockpot, and cover with water. Boil the chicken thighs until they're done, then shred them, reserving 4-5 cups of the chicken stock.

Slice the sausages into about 2-inch chunks, and brown them in a dutch oven or other large pan with high sides. You don't need to cook them through at this point, just get a nice color on their exterior, then remove them from the pan.

For the next step, you'll need equal amounts fat and flour. If your sausage was on the fatter side, you'll already have some fat in the pan, so you can reduce the amount of butter a bit. Add enough butter to the pan to equal about ¼ cup of fat, then add ¼ cup flour. Whisk the butter and flour together well over medium-low heat, and keep whisking for 10-15 minutes to make a roux that's the color of dark caramel.



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Gumbo continued...

Once the roux is ready, add the diced carrots, onions, celery and garlic, along with the thyme, basil and bay leaf. Stir the vegetables together with the roux, then sauté them for about 10 minutes or until they're softened.

Next add the diced tomatoes and juice, the okra, and the partially cooked sausage to the pan. Add 3 cups of chicken stock to start, and add more as necessary to keep the mixture stew-like.

Simmer for 20-25 minutes, then add the shredded chicken. Turn off the heat, then stir in the gumbo file and salt and pepper, to taste. Serve over warm rice, with plenty of hot sauce on hand for those who like a bit of heat.