



CRAWFISH AND SAUSAGE GUMBO

Start with a BIG DUTCH OVEN / CASSEROLE / CAST IRON-CERAMIC POT - This will be the single pot everything is cooked in and served from.

Make roux from equal parts canola oil and flour - 1 cup each.

Cook over medium to medium high heat, stirring constantly until roux is darker than peanut butter. Like light chocolate. Takes about 45 minutes.

Be careful not to burn it. If it smells burnt, it is burnt. Start over.

1 Cup – Onion diced

½ Cup – Green Bell Pepper diced

½ cup – Celery diced

½ cup – Roasted red pepper – diced

1 TBLSP – Fresh crushed garlic

2 – Bay leaves

1 – TSP Kosher Salt

1 – TSP Fresh ground black pepper

1 – TSP Cajun Spice (Emeril's Essence, Tony Cachere's, or make your own)

1 – TBLSP Zatarain's Liquid Crab Boil

3 – Fresh Thyme sprigs

1 – TSP each - Dried Oregano, Dried Thyme

Reduce heat to medium

Add veggies, garlic and bay leaves, spices, herbs to roux and stir until onions are translucent.

Deglaze with white wine. About ½ to 1 cup

Simmer until wine is absorbed

Add 6 to 8 cups Chicken Stock – until your pot is about ¾ full.

Simmer for 15 minutes – stirring occasionally

Check for seasoning and ‘kick’ May need a little more Zatarain’s, or a bit more Cajun Spice. Both of these have salt in them, so go sparingly with the additional salt.

While base is simmering -

Slice into ¼” slices – 1 package Carolina Pride Smoked Sausage.

Slice into ¼” slices, then cut those in half – 1 Package of Andouille Sausage.

Sautee the sausage in a separate skillet. Just to get them a little color. Brings out the flavor more.

Remove the bay leaves and thyme sprigs.

Add ¼ cup chopped parsley

Add the sausage to the big pot. And simmer for another 5 minutes.

Check for seasoning.

Add one package (roughly 16 oz) frozen cut okra. (thawed)

Simmer for another 10 minutes and check for seasoning.

Add 1 – TSP File Gumbo --- stir in well.

Finally, add 2 packages frozen crawfish tailmeat (thawed)

Simmer for 5 minutes and check for seasoning.

By the time you've added everything, the pot should be full. If the pot isn't big enough to get everything in, then ladle some out to a separate 'warming' vessel. Preferably another dutch oven.

Add the remaining ingredients, whatever they may be...to the big pot. Then as you begin to serve, you can replenish the 'base' from the smaller pot.

There should be 3 kinds of heat.

First is temperature heat.

Second is the spice heat you get on your tongue.

Third is the mild, but noticeable heat you get when you swallow.

Dirty Rice:

Use long grain rice.

Cook according to directions on the bag. BUT, instead of water, use ½ chicken stock, and ½ water.

Add to the boiling salted water:

1 – Pinch cayenne pepper

1 – Pinch nutmeg

1 – TSP Cajun Spice

1 – TSP Zatarain's Liquid Crab Boil

When rice is done, fluff with 2 tblsp Butter and add about a TSP of tomato paste (diluted in a little water to make a slurry).

Ladle gumbo into a big bowl and put a big dollop of rice in the middle.

Serve with an Abita Turbo Dog beer and some crunchy French bread.