

Alie & Ted's Chicken and Sausage Gumbo

Created and deliciously prepared by Alie and Ted Frank

Country/region: Louisiana, USA

Recipe in English.

Ingredients for 7 Arepas

- 1 ½ White Onion diced
- 1 Green Bell Pepper diced
- 3 Stalks Celery chopped
- ½ cup Green Onions (Scallions) chopped
- ½ cup Parsley chopped
- 4 Chicken Thighs
- 3 Chicken Breasts
- 1 lb smoked pork sausage (andouille - pronounced Awn-DOO-WEE) such as [Savoie's](#) (available at some Publix stores)
- 6 quarts Chicken Stock (or a mixture of water and stock)
- Creole Seasoning such as Tony Chachere's (available at Publix & Kroger)
- 6 tbs prepared roux such as [Savoie's](#)

Note: You can make your own roux by cooking ¼ cup flour & ¼ cup vegetable oil over medium heat, stirring constantly until it turns a caramel color. Don't walk away or it will burn. The darker the roux, the richer the gumbo will be.

- 2 cups White Rice – cooked

Directions:

1. Bring stock to a boil and add chopped vegetables and creole seasoning, reserving some scallions and parsley for garnish.
2. Season chicken thighs with creole seasoning and sear until brown in 2 tbs vegetable oil.
3. About 15 minutes into cooking the vegetables, add 6 tbs of prepared roux to the boiling stock and stir often for 20 more minutes.
4. Add Chicken Breasts and some of the sausage.
5. After breasts have been cooking for 20 minutes, add the seared chicken thighs and remainder of the sausage.
6. Reduce heat and cook for another 30 minutes or so (the longer the better).
7. Serve over cooked white rice and garnish with scallions and parsley.

