



Garden Fresh Farm Recipes

Gumbo

When it comes to gumbo and many other southern dishes, it's all about the roux, a cooked mix of flour and fat that is used to thicken the stock and serve as the basis for the gumbo. This meal is great when served with white rice and crispy French bread.

Ingredients:

3 large boneless skinless chicken breast halves
Salt and pepper
1/4 cup vegetable oil
1 pound smoked sausage, cut into 1/4-inch slices
1/2 cup all-purpose flour
5 tablespoons butter
1 large onion, chopped
8 cloves garlic minced
1 green bell pepper, seeded and chopped
3 stalks celery chopped
1/4 cup Worcestershire sauce
1/4 bunch flat leaf parsley, stems and leaves, coarsely chopped, plus chopped leaves for garnish
4 cups hot water
5 beef bouillon cubes
1 (14-ounce can) stewed tomatoes with juice
2 cups fresh sliced okra
4 green onions, sliced, white and green parts
1/2 pound small shrimp, peeled, de-veined and cooked



Directions:

Season the chicken with salt and pepper. Heat the oil in a heavy bottomed Dutch oven over medium-high heat. Cook the chicken until browned on both sides and remove. Add the sausage and cook until browned, then remove. Sprinkle the flour over the oil, add 2 tablespoons of butter and cook over medium heat, stirring constantly, until brown, about 10 minutes. Let the roux cool.

Return the Dutch oven to low heat and melt the remaining 3 tablespoons butter. Add the onion, garlic, green pepper and celery and cook for 10 minutes. Add Worcestershire sauce, salt and pepper, to taste and the 1/4 bunch parsley. Cook, while stirring frequently, for 10 minutes. Add 4 cups hot water and bouillon cubes, whisking constantly. Add the chicken and sausage. Bring to a boil, then reduce the heat, cover, and simmer for 45 minutes. Add tomatoes and okra. Cover and simmer for 1 hour. Just before serving add the green onions, shrimp and chopped parsley.