

Gumbo – Andre’s “Extra-Meat” Gumbo

(This is my extra meat gumbo recipe. You can scale down if you wish. My notes for microwave roux and garlic bread are included)

- 3-4 onions
- 3-4 bell peppers
- 1 bunch of celery
- 1 pod/bulb minced garlic (about 10 cloves/toes; 8-10 teaspoons)
- 8 chicken thighs with skin and bones
- 12 chick drumsticks with skin and bones
- 4 packs smoked sausage (I like Hillshire Farms and Earl Campbell)
- 4 32 oz. boxes chicken broth
- 2 cups of “garage roux” (see below for instructions)
- Tony Cachere’s Original Creole Seasoning
- 8 bay leaves
- 2 blocks of butter
- 1 beer
- I use 2 big pots (Fig 1)

Instructions:

Salt and pepper the vegetables and cook trinity until it begins to stick on the bottom of the pot (Fig 2). Use a beer to deglaze a few times. If you have any beer left, just pour it into the trinity. Add chicken stock to both pots. Add equal measures roux to both pots. Add chicken and sausage in equal parts to pots. Can add water to cover meat if needed (Fig 3). 4 large, whole bay leaves in each pot. Season heavily with Tony’s (Fig 4). Bring to a mild rolling boil, and then bring down to a slow simmer. Add a block of butter to each pot. Stir occasionally. Taste test occasionally until the meat is done-when the skin of the drumsticks is folded up from the bottom up to about half way to the meat area. Let cool, then skim the clear grease off of the top. To serve, put gumbo in bowl like soup with a generous helping of rice. I like to serve with potato salad and garlic bread. Makes 4-gallon sized zip lock bags full for freezing.

My note: Other ratios I’ve seen in River Roads, Talk About Good and Paul Prudhomme

Meat	Onion	Roux
5 lb.	1	1 TBSP
4 lb.	4	1 ½ cups
3 lb.	2	1 cup
2 lb.	1	3 TBSP
6 lb.	2	1 ½ cups
10 pieces		
Chicken		
1 pk saus	1 onion	1 cup



Figure 1 The Pots I Use



Figure 2 Veggies almost done



Figure 4 Season Meat

Garlic bread:

Ingredients:

- Fresh Garlic (1 pod/bulb per loaf of French Bread)
- Salted Butter (2 blocks per loaf of French Bread)
- Salt/pepper (pinch of each)
- Peel fresh garlic. Put in saucepan and cover with water. Boil till fork tender. Drain and use the fork to smash the garlic. Add a block of butter for each pod/bulb of garlic with just a pinch of salt and pepper. Simmer till flavors



Figure 3 Chicken and Sausage in the pot

blend. Spoon over French Bread that has been cut in half lengthwise. Let garlic butter soak into bread for a minute or so. Put French Bread back together, wrap in foil, and place in 350-degree pre-heated oven for 10 minutes.

*Garage Microwave Roux – Put one cup of all-purpose flour and one cup regular vegetable oil in a 4-cup measuring cup. For 2 cups of roux, I used the 4-cup and the 2-cup measuring cup. Stir until very smooth. Break up any clumps with the back a spoon against the side of the measuring cup. Need to get plug the microwave in with an extension cord. In the garage microwave cook for (try not to let the roux “rest” for too long between times – this technique takes 21 minutes):

4minutes, stir 30 seconds,
3 minutes, stir 30 seconds,
3 minutes, stir 30 seconds,
3 minutes gets thick and darkens about here so stir for 2-3 minutes,
1 minute, stir for 1 minute,
1 minute, stir for one minute,
1 minute, stir for one minute
1 minute, stir for one minute – getting darker
1 minute, stir for one minute
1 minute, stir 30 seconds
(for a darker roux - 2 minutes, DONE)



Figure 5 Roux color