

Jupe's Louisiana Gumbo

Ingredients:

- ❑ 1 cut up broiler/fryer chicken (3 to 3 1/2 pounds)
- ❑ 2 quarts water
- ❑ 3/4 cup all purpose flour
- ❑ 1/2 cup cooking oil
- ❑ 1/2 cup sliced green onions
- ❑ 1/2 cup yellow onion
- ❑ 1/2 cup chopped green pepper
- ❑ 1/2 cup chopped sweet red pepper
- ❑ 1/2 cup chopped celery
- ❑ 2 garlic cloves, minced
- ❑ 1/2 lb fully cooked smoked sausage, cut into 1-inch cubes
- ❑ 1/2 lb fully cooked ham, cut into 3/4-inch cubes
- ❑ 1/2 lb fresh or frozen shrimp, peeled and deveined
- ❑ 1 cup cut fresh or frozen okra, cut to 3/4 inch pieces
- ❑ 1 can (15 oz) kidney beans, rinsed and drained
- ❑ 1/2 teaspoon salt
- ❑ 1/4 tsp pepper
- ❑ 1/4 tsp hot pepper sauce
- ❑ Hot cooked rice (optional)

Place the chicken and water in a Dutch oven; bring to a boil. Skim fat. Reduce heat; cover and simmer 30-45 minutes or until chicken is tender. Remove chicken; cool. Reserve 6 cups broth. Remove chicken from bones; cut into bite-size pieces. In a 4-qt kettle, mix flour and oil until smooth; cook and stir over medium heat until browned – about 5 minutes (this is the roux). Stir in onions, peppers, celery and garlic; cook 5-10 minutes or until vegetables are tender. Stir in the sausage, ham and reserved broth and chicken; cover and simmer for 45 minutes. Add the shrimp, okra, beans, salt, pepper and hot pepper sauce; cover and simmer 10 minutes longer or until shrimp is cooked. Serve over rice if desired. Yield: 12 servings.

That is the original recipe. Here are some of the changes I made:

- *I add a bit more of all of the ingredients, but particularly the sweet red pepper, sausage and shrimp.*
- *I cook the roux longer than called for. It should get to a darker brown color, but I have never been able to make that happen.*
- *I make sure the broth is very tasty by boiling the chicken with onion, peppercorns, bay leaves, oregano or any other spices you like. But in the end, I add bullion or prepared broth as well.*
- *I try to find andouille sausage.*
- *I add worcestershire sauce as well as hot pepper sauce. You could experiment with any of the cajun spices or sauces.*