

# Louisiana Style Gumbo–

Chef Drew Morganwood Retreat

This 12 step gumbo recipe does not use the typical dark red roux which makes it a slightly lighter version but just as rich in flavor.



## MEAT Ingredients:

1# Dungeness crab

1# Rock Shrimp

½# of Andouille Sausage (1 whole large sausage)

1# Chopped Chicken Thighs

1 Whole Ham Hock

## VEGETABLES

1 Bell Pepper

1 Large Sweet onion

1# of Okra or 1 bag of frozen

5 Stalks of celery

## SEASONINGS

1 TBSP. Kosher Salt

1 TBSP. Cayenne Pepper

1 TBSP. Garlic Powder

3 Quart of Kitchen Basics (preferred) Chicken Stock

¼ cup Peanut Oil

2 TBSP. Gumbo File

½ Cup All Purpose Flour

## PROCEDURES

1) Watch Video

2) ready all vegetable for chopping e.g. remove the onions skin, top of the celery and bell pepper, etc.

3) Start stock by adding:

3 quarts of chicken stock

Scrapes and skins of onion, celery, bell pepper, etc.

1 Ham hock

4) Cook for at least an hour at a rolling g boil to reduce the stock and bring out the flavors. Ultimately the stock should be reduced by 1/2

In the meantime time...

5) Chop into ½" pieces

Celery

Onion

Bell Pepper

Okra

Chicken

Sausage

6) Season Chicken in a zip lock bag with seasoning mix of

Cayenne pepper

Kosher Salt

Garlic powder

Let stand for ½ hour—Take a beer break or have a nice chardonnay.

7) Heat a cast Iron Pan and then add ¼ cup of Peanut Oil.

8) Mix seasoned chicken with ½ cup of all-purpose flour in zip lock bag

Toss to coat evenly and then add by hand the cheek into the hot oil—reserve the remaining flour/seasoning to make a light roux.

9) Cook chicken to brown slightly and obtain an outer crust—remove from heat.

10) Add Andouille sausage and brown evenly—remove and reserve

11) Add vegetables in the order or what the heck—all together.

Onions

Bell pepper

Celery

Add reserved flour to the vegetables and brown only slightly

Remove and reserve

#### ASSEMBLY

12) Stock should be reduced by 1/2 so that only about 1.5 quarts remain. Remove ham hock and onions skins celery tops etc. from stock. Reserve the Ham hock as there is some good meat still on the bone.

Now just add:

Andouille sausage

Crab

Chicken

Ham Hock—meat only

Last to jump in the pool is the rock shrimp, okra a gumbo file—DO NOT BOIL but simmer for 1 more hour.

OPTIONAL—Make Uncle Ben's Converted White Rice.