

GUMBOS & SOUPS

move the pot from the heat and let stand at room temperature.

Before serving, bring the gumbo to a boil and add the remaining pound of shrimp. Simmer just until the shrimp turn pink, about 10 to 12 minutes. Stir thoroughly, turn off the heat, and cover the pot. Let it sit, covered, for about 15 minutes before serving. Serve by ladling the gumbo over mounds of boiled rice in gumbo bowls or deep soup bowls.

CHICKEN AND SAUSAGE FILÉ GUMBO

One of the richest Cajun gumbos, this makes a hearty and unusual dinner. Be sure to include plenty of sausage from the pot along with a piece of chicken in each serving. (for 8)

THE GUMBO BASE

1 ¼ lb. Creole (Polish, French garlic)	½ c. chopped green pepper
smoked sausage, sliced ½ inch thick	½ c. thinly sliced green shallot (scallion) tops
½ lb. lean baked ham, cut into ½-inch cubes	2 Tbs. finely minced parsley
2 c. chopped onion	1 Tbs. finely minced garlic
	1 fryer, 3½ to 4 lb., cut up

THE ROUX

⅔ c. vegetable oil ½ c. flour

THE LIQUID AND THE SEASONINGS

2 qt. cold water	1 ¼ tsp. dried thyme
3 tsp. salt	3 whole bay leaves, crushed
1 tsp. freshly ground black pepper	2½ to 3 Tbs. filé powder
⅛ tsp. cayenne	

After assembling the ingredients for the gumbo base, in a heavy 7- to 8-quart pot or kettle heat the oil over high heat. Brown the chicken parts in the hot oil, turning them several times to ensure even browning. Remove to a heated platter and place in a preheated 175° oven to keep warm. Make the roux by gradually adding the flour to the oil, stirring constantly. Reduce the heat and cook, always stirring, until a medium brown roux (the color of hazelnuts) is formed. When the roux reaches the right color, immediately add the sausage, ham, onion, green pepper, shallot tops, parsley, and garlic. Continue cooking over low heat for 10 minutes more, still stirring, then add ¼ cup of the water, the reserved chicken pieces, and all the seasonings except the filé powder; mix thoroughly. Gradually stir in the rest of the water. Raise the heat and bring to a boil, then lower the heat and simmer the gumbo for 50 minutes to 1 hour, or until the chicken parts are tender. Stir frequently, taking care not to break the pieces of chicken. Remove the pot from the heat and let the simmer die down, then add the filé powder and stir.

Let the gumbo stand in the pot for 5 minutes after adding the filé, then serve in gumbo bowls or deep soup bowls over boiled rice.