

# Carolyn's Chicken, Sausage and Seafood Gumbo (2019)

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**Yield: 10-15 Servings**

## Notes for your consideration:

- **If you would like your gumbo to be a "thicker" texture, like a stew instead of a soup, you can double the flour and oil when making the roux.**
- **You will need a 15 qt or an 18 qt stock pot to complete this recipe.**
- **If you would like to use less meat, you can reduce the measurement of each meat by 1 pound, meaning use the lower weight stated by each meat. Keep the rest of the recipe the same.**
- **If you would like to increase the volume of the recipe, simply add 2 more quarts of seafood stock and keep the rest of the recipe the same. You will need to use an 18 qt stock pot with this increased amount**

## Ingredients

- Cooking Oil, your choice of Grape Seed Oil, Olive Oil, etc.
- 1 Cup All Purpose Flour
- 1-1/2 Pounds Andouille Sausage
- 1-1/2 Pounds Smoke Sausage, your choice
- 3-4 Pounds Chicken, your choice of white or dark meat
- 2 Cups Diced Onions
- 1-1/2 Cups Diced Green Bell Pepper
- 1-1/2 Cups Diced Celery
- 4 Cloves Garlic, minced
- 1, 30 Ounce Can Diced Tomatoes
- 2-3 Dried Bay Leaves
- 3-4 Tablespoons or To Taste Grand Diamond All Purpose Seasoning *plus* more to season the chicken, shrimp, and okra
- 1-1/2 Tablespoons Dried Thyme
- 1-1/2 Tablespoons of Gumbo File
- 1-2 Tablespoons or To Taste Liquid Crab Boil
- 4 Quarts Seafood Stock, you may add an additional 2 quarts if desired
- 12 Ounces (or less) Okra, fresh or frozen that has been thawed
- 4-5 Pounds King Crab Legs, or your choice of Crab Legs
- 1/2-1 Pound Super Lump Crab Meat (OPTIONAL)
- 2-3 Pounds Shrimp size 21-25 or size 26-30, deveined, tails removed

## Directions

### Preparation

Diced the onions, celery, and bell pepper. Mince the garlic. Set all veggies aside.

Prepare and clean the shrimp, chicken and crab legs. Once done, season the chicken and shrimp with 1-1/2 to 2 Tablespoons of Grand Diamond All Purpose Seasoning or season to taste. Set aside. Slice the sausages, set aside.

Preheat 3 to 4 tablespoons of oil in a large stock pot over medium-high heat, brown the chicken. Don't overcrowd the pot, brown the meat in batches if needed. Add more oil to the pot and brown the sausage, again do it in batches if needed. Set both aside.

## **Cooking**

Make the roux first. Start with a clean pot. Preheat 3/4 cup of oil over medium-high heat. Add 1 cup of flour and stir. Continuously stir until the roux is the color chocolate or slightly deeper. Adjust the heat to medium if needed to avoid burning.

Next, stir in the onions, celery and bell pepper. Cook for about 10 minutes. Add the garlic and stir for another minute. Add the bay leaves and tomatoes, stir for 2 to 3 minutes. Next, add 3 to 4 tablespoons of Grand Diamond All Purpose Seasoning, or seasonings of choice, be mindful of the amount of sodium being added. Add the thyme, crab boil, and gumbo file. Stir to combine.

Stir in the chicken and sausage and follow with the seafood stock. (**Note:** If you like your okra to cook for most of the cooking time, add it at this point along with the chicken and sausage.) Place the lid on the pot and bring to a boil over high heat then reduce to medium heat. Simmer for about an hour stirring occasionally.

In a small pan over medium-high heat preheat 2 or 3 tablespoons of oil. Saute the okra until the slime is no longer visible. Turn off the heat, add to the gumbo with the crab legs.

After an hour or so, skim the top of the gumbo with a large serving spoon to remove some of the fat that has come to the surface.

Taste and adjust the seasoning(s) to taste. Be mindful of the sodium content in all of the seasonings that are being used. Seafood has its own sodium content.

Add the crab legs and optional lump crab meat along with the okra. Place the lid on and simmer for 30 minutes or so.

Finally, stir in the shrimp and cover with the lid. Simmer for another 15 minutes or until the shrimp turn pink.

Serve immediately with rice and Enjoy!!