

Carolyn's Chicken, Sausage, and Seafood Gumbo (2010)

Ingredients

Yield: Approx. 8-10 servings

- 1 Pound Boneless Skinless Chicken Breast, cut into 1-inch chunks
- 1½ Teaspoons Grand Diamond All-Purpose Seasoning
- 2 Teaspoons Extra Virgin Olive Oil

Depending on how thick or thin you like your gumbo, choose which measurements you will use for the roux:

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| 2 Cups Vegetable Oil | These measurements for the roux will give the gumbo more |
| 2 Cups All-Purpose Flour | “stew” like thickness & texture |

- OR**
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|-------------------------|--|
| 1 Cup Vegetable Oil | These measurements for the roux will give the gumbo more |
| 1 Cup All-Purpose Flour | “soup” like texture, thinner than a stew |

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- 3 Cups Onions, Chopped
 - 2 Cups Celery, Chopped
 - 2 Cups Bell Peppers, Chopped
 - 3 to 4 Garlic Cloves, Finely Chopped
 - 5 Bay Leaves
 - 1 Pound Smoked Sausage, such as andouille or kielbasa, cut crosswise into 1/2-inch slices
 - 2 Teaspoons Kosher Salt
 - 1 Tablespoon Grand Diamond All-Purpose Seasoning
 - 1/4 Teaspoon Cayenne (optional, it's ok to add at the end if you're trying to watch the spiciness)
 - 3 Quarts Chicken Broth, Low Sodium

- OR**
- 3 Quarts Seafood Stock (Will give more of an intense seafood flavor)
 - 1 Pound Shrimp, Size 31-40, raw, deveined, tail-off
 - 1 Pound Crab Legs (**Your choice:** Snow, Blue, or King Crab legs)
 - ¼ Cup Fresh Parsley, finely chopped
 - 1/2 cup chopped green onions
 - 1½ Tablespoons Gumbo File Powder

Directions

Preheat oven to 400 degrees.

In a medium bowl, combine and mix the chunks of chicken with 1½ teaspoons of Grand Diamond All-Purpose Seasoning and olive oil. Place the chicken on a baking sheet, spread out and roast for about 20 to 25 minutes at 400 degrees. Once done, set aside.

Preheat a large cast iron or enameled cast iron skillet over medium heat for about 5 to 6 minutes. Pour the oil into the skillet and allow it get hot, about 3 to 4 minutes. (**Hint:** Test the oil by sprinkling a little flour into the oil, if it sizzles, it's ready.) Whisking vigorously, add the flour to the oil making sure to thoroughly combine. Switch to using a wooden spoon to constantly stir for about 20 minutes or until the roux is the color of chocolate.

Pour the roux into a large pot over medium-high heat. Add the onions, celery, bell peppers, garlic and bay leaves and stir for 4 to 5 minutes, or until the veggies are soft. Add the **sausage**, salt, 1 Tablespoon of Grand Diamond All-Purpose Seasoning and cayenne. Continue to stir for 3 to 4 minutes. Next, add the chicken or seafood broth. Stir until the roux mixture and broth are well combined. Add the chicken chunks, bring to a **boil** then reduce heat to medium-low. Cook uncovered, stirring occasionally, for 1 hour.

Using a spoon, **skim** off any fat that rises to the surface.

Next, crab legs to the gumbo and stir. Cook for another 20 to 25 minutes. Add the shrimp, stir and cook just until the shrimp turn pink.

Stir in the file powder. Remove the bay leaves and serve in deep bowls over your favorite rice. Garnish with fresh parsley and green onions.