

Gumbo1

1 Hen
2 pounds boneless chicken thighs
1 pound smoked sausage, cut half moon
1 pound sausage pork and/or beef
1 pound andouille sausage
3/4 jar Kary's dry roux
1/2 jar Richard's roux
2 1/2 gallons water
2 bundles green onions
2 Guidry trinity (onion, celery, bell pepper)
1 bundle parsley
2 tablespoons chicken base
2 tablespoons garlic
1/4 cup Cajun seasoning
1/4 cup garlic powder
1/4 cup hot sauce
1/3 cup Guidry's gumbo mix (chicken and sausage)
1/3 cup Guidry's gumbo mix (seafood)
2 tablespoons Kitchen bouquet
2 tablespoons file

Season the hen and brown in oil from Richard's roux. Brown well until golden brown. Add vegetables (Guidry's trinity) and garlic (reserving 1/2 of one Guidry's). Add water, roux, and chicken base until it dissolves. Add green onion and parsley, reserving some for the finish. Cook for one hour.

Add sausage, seasonings, hot sauce, Kitchen bouquet, and Guidry's gumbo mix and cook and additional hour.

Add chicken thighs, 1/2 container of Guidry's trinity, file, and seasoning to taste and cook 45 min.

Finish with green onion and parsley, turn off fire and let sit for 20 minutes before serving.

From the Kitchen of Brett Broussard

Per Serving (excluding unknown items): 1807 Calories; 141g Fat (68.9% calories from fat); 75g Protein; 68g Carbohydrate; 10g Dietary Fiber; 322mg Cholesterol; 8698mg Sodium. Exchanges: 1 1/2 Grain(Starch); 8 Lean Meat; 2 1/2 Vegetable; 22 1/2 Fat; 1 1/2 Other Carbohydrates.