



GUMBO *(serves 6-8)*

Recipe by KATHRYN JOEL

250 ml grapeseed oil, plus additional for browning

250 ml all-purpose flour

1 kg bone-in, skin-on chicken thighs

250 g andouille sausage, sliced into 1 cm pieces, or use kielbasa, chorizo or Italian sausage

100 g bacon or pancetta, cut into lardons

3 ribs celery, diced

1 onion, finely chopped

1 green pepper, seeded, and diced

2 sprigs fresh thyme, leaves picked

1 tsp cayenne pepper

1 can San Marzano tomatoes, drained and roughly chopped

6 cloves garlic, finely chopped

1 bay leaf

350 g okra, trimmed and cut into 1 cm slices

1 litre chicken stock

350 g shrimp, peeled and deveined

Handful Italian flat leaf parsley, chopped, to finish

Salt and pepper

Cooked white rice, for serving (recipe below)

Hot sauce and filé powder, for serving

- Season the chicken with salt and pepper, then heat a heavy casserole and brown the chicken in grapeseed oil, until golden brown on both sides, working in batches as necessary.
- Set the chicken aside, then add the bacon and cook until rendered and golden. Remove and set aside.

- Now add the sausage and cook until golden. Remove and set aside.
- Meanwhile in another pan heat the grapeseed oil and stir in the flour. Cook over a medium low heat, whisking constantly, for 30-45 minutes until you achieve a dark roux.
- Add the roux to the casserole, then add the onions and cook until nicely browned, seasoning with salt.
- Now add the celery and peppers, seasoning with salt, and cook until starting to soften.
- Next add the garlic and bay leaf and cook just until fragrant.
- Add the tomatoes, then the stock, and bring up to a simmer, before returning the chicken, bacon and sausage to the pot.
- Add the okra and cook for about 30 minutes, until the chicken and the okra are cooked.
- Remove the chicken from the pot, and set aside until cool enough to handle, then shred the meat and return it to the gumbo. Season to taste.
- Stir in the shrimp to finish and serve, with white rice, garnished with parsley.

White Rice

1 ½ cup long grain white rice

3 cups water, or vegetable or chicken stock (unsalted)

½ medium onion, finely chopped

1 clove garlic, finely chopped

3 tsp salt

Bay leaf

Olive oil, or other cooking oil

- In a pot with a tight-fitting lid, heat olive oil until shimmering then sweat the onion until translucent.
- Add the garlic, and cook for a minute just until fragrant then add the rice, stirring to coat in the oil.
- Add the stock or water, salt and bay leaf and bring to a boil, stirring.
- Once at a boil, cover with a lid and reduce to a low heat. Cook covered at a gentle simmer for 25 to 30 minutes, until the water / stock is absorbed and the rice is cooked.
- Fluff with a fork, discarding the bay leaf, and serve.

PIMENTO CHEESE

250g package cream cheese, at room temperature

225 ml jar of pimentos, drained and liquid reserved

1/3 cup mayonnaise

5 oz aged cheddar cheese, grated

½ jalapeño pepper, seeded and finely chopped (optional)

1/8 tsp creole spice

Pinch of cayenne, to taste

Salt and pepper to taste

- Cream the mayo and cream cheese together with a tbsp of the reserved pimento juice to help it blend smoothly.
- Add pimentos, jalapeño and cheddar cheese, and mix thoroughly. Add more pimento juice if a thinner consistency is desired.
- Season with salt, pepper and creole spice.
- Spread on crackers or crostini, or use as a topping for a burger or in a grilled cheese sandwich.

EQUIPMENT

Cutting boards and knives

BONUS RECIPES: These are complementary or additional recipes. They are for your reference and enjoyment, and will not be taught in your class.