



MARDI GRAS PREPARATION

THE ART OF GUMBO

A ZOOM class about how to make Gumbo.

FRIDAY, FEB. 12, 2021
6:00-8:00PM
WWW.NWUMCKIDS.INFO

From selecting the right sausage, to the perfect smoked chicken, find the best way to create this amazing Mardi Gras meal!



JOIN OUR NSUMC CAJUN CHEF, MICHAEL CAPLAN

**YOU ARE INVITED TO
MAKE GUMBO WITH US!**



You are invited to make Gumbo with Cajun Chef Michael Caplan on Friday, Feb. 12th from 6-8pm.

We are offering two options:

- 1) you can tune in to watch the chef's skills.
- 2) you can prep ahead of time and cook with him while we are live on ZOOM.



Visit www.nsumckids.info
for more information about the event.
For inquiries call (480) 948-0529
or email terry@nsumc.com

Ingredients:↵

1 (5-pound) stewing hen ~ smoked↵
1 pound smoked andouille sausage↵
1 cup oil↵
1 1/2 cups flour↵
2 cups thinly sliced and then finely chopped onions↵
2 cups finely chopped celery↵
1 cup finely chopped bell peppers↵
1/4 cup minced garlic↵
1/2 cup chopped parsley↵
1/4 cup finely chopped green onions↵
3 quarts chicken stock↵
1 bay leaf↵
sprig of thyme↵
1 ~~tblsp~~ finely chopped basil↵
salt, cracked black pepper, and/or cayenne pepper to taste↵
Louisiana hot sauce to taste↵
steamed white rice↵

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Method:↵

Smoke the chicken (whole or halved) and the andouille for 2-2.25 hours in a smoker (I use a Weber Smokey Joe). When cooled, remove the chicken meat from the bone. You can freeze it if you want to do this ahead of time. I get my andouille from Sprouts Market (they will make it for you if you call ahead and ask for at least 5 lbs).↵

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Thinly slice the onions (not the green onion yet), and finely chop. Add enough oil to coat the bottom of your pot (~2-gallon stock pot for this recipe), add the onions, and caramelize.↵

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Meanwhile, in a separate pan, heat the 1 cup oil over medium-high heat. Whisk in the 1 1/2 cup flour, stirring constantly until golden brown roux is achieved (I make mine almost the color of milk chocolate).↵

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Once the onions are caramelized, stir in celery, bell peppers and garlic. Sauté 3-5 minutes or until vegetables are wilted, then add in the parsley and green onions. Continue to sauté until vegetables are very wilted ~ almost a paste.↵

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Add the roux to the vegetables, stir and continue to sauté for 3-5 minutes. Add chicken stock, one ladle or about 1/2 cup at a time, stirring to blend in each 1/2 cup before adding in the next. Bring to a rolling boil, reduce to simmer.↵

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Simmer for approximately 45 minutes. About every 15 minutes, skim any fat or oil that rises to surface.↵

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Cut the sausage and chicken into bite-sized pieces. Stir in the chicken, sausage, bay leaf, thyme and basil. Season with salt, pepper and hot sauce (the other ingredients have plenty of salt and the andouille has pepper in it, so this may not be necessary unless you like your gumbo spicy). Cook an additional 15-30 minutes.↵

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Serve over steamed white rice. ||

