
Island-Style Gumbo

Description

Try this rich and hearty local twist on a traditional Creole dish. Chef Michi uses edamame, kalua chicken and Portuguese sausage as some of the ingredients. Serve over a bowl of rice for a flavorful meal.

Total time: 1 hr 15 min Yield: 6 Servings

Ingredients

6 Tbsp canola oil (divided)
1/2 cup flour
5 cup low-sodium chick broth (warm)
1 large Maui onion (finely chopped)
1 Tbsp Creole seasoning (look for prepared seasoning in your spice aisle)
3 clove garlic (minced)
3 celery stalks (sliced)
14 oz diced tomatoes (drained, reserve juice)
1 large green pepper (finely chopped)
1 hot Portuguese sausage (sliced thin; you can substitute a mild sausage for less heat)
1 1/2 cup kalua chicken (broken apart)
2 bay leaves
1 cup frozen okra (substitute edamame if you don't care for the texture of okra)
2 tsp Worcestershire sauce
2 tsp Tabasco (or similar hot sauce with vinegar)
1/2 tsp fresh ground black pepper
1/2 cup green onions (sliced thin)
brown rice (for serving)

Prep Time: 1 hr 15 min Total Time: 1 hr 15 min

Instructions

First make the thickening agent, the roux. Over low heat in a large skillet, heat 4 tablespoons of canola oil and then slowly whisk in the flour, a little at a time to prevent clumps from forming. Increase heat to medium and continue to cook, stirring constantly, until the mixture is a dark caramel color. Remove from heat and slowly whisk in the chicken stock, then set aside.

In a large Dutch oven or stock pot, heat remaining canola oil over medium heat. Sauté the onion, Creole seasoning, garlic, celery, diced tomato, green bell pepper, Portuguese sausage and kalua chicken for about 5 minutes. Add the thickened stock mixture and bay leaves, bring to a boil and reduce heat to a simmer for 30 minutes. Add okra (or edamame), Worcestershire sauce, Tabasco and black pepper and

simmer for an additional 15 minutes. Serve over hot brown rice and garnish with green onion.

Recipe brought to you by:

Chef Michi Holland

Source:

Chef Michi Watarai