

NEW ORLEANS

CAJUN / CREOLE

Gumbo Ya Ya

- 5 lb Roasting Chicken (Cut-up)
- 1 lb Andouille Sausage (or Kielbasa)
- 4 C White Rice (Cooked)
- 1 C Vegetable Oil
- 2½ C All-Purpose Flour
- 2 C Onions (Chopped)
- 1½ C Celery (Chopped)
- 2 C Green Pepper (Chopped)
- 6 C Chicken Stock
- 1½ t Garlic (Fresh / Minced)
- 1 t Cayenne Pepper (To Taste)
- 1 t Garlic Powder (To Taste)
- 1 t Salt (To Taste)



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Circa 2003

1. Cutup Chicken Breasts in half; Season with Salt, Cayenne Pepper, Garlic Powder; allow Chicken to rest 30 minutes.
2. Pour Flour in large paper bag; shake to coat Chicken.
3. In large skillet, brown Chicken in Oil; remove Chicken.
4. Whisk brisk Flour (1 Cup) into oil to form Roux; remove from heat; add Onions, Celery, Green Pepper; reheat and stir until vegetables are tender.
5. Transfer Roux, Chicken, Vegetables into large saucepan or crock pot; add Chicken Stock & bring to boil; lower heat & add Chicken, Sausage & Garlic; Cover, cook until Chicken is tender (2 Hours).
6. Adjust seasons and serve over rice.

Garnish with Green Onions.

