



Bret Vaskey's Sausage, Chicken, & Shrimp Gumbo (Serves 8-10)

*Note: Roux is a sauce derived from oil and flour and used as a thickener

Ingredients:

1/2 cup vegetable oil (for roux)	1/2 cup all-purpose flour (for roux)
1 pound kielbasa, diced	1 pound chicken breasts, diced
4 stalks celery, diced	1 green pepper, cored, seeded & diced
1 large onion, diced	6 cloves garlic, minced
2 cans Ro-tel tomatoes & green chilis	2 small cans green chilis
1/2 cup frozen okra, diced	8-10 cups chicken & shrimp stock
3 bay leaves	1 T. dried cilantro
2 T. dried parsley	1 t. oregano
1 T. dried thyme	1 T. Emeril's Essence
1/2 t. cayenne pepper	4-5 T. Frank's Hot Sauce
3 T. Worcestershire sauce	1 pound salad shrimp, cooked
2-3 cups cooked rice	Salt & pepper to taste

Preparation:

In cast iron pan, combine oil with flour on medium heat, stirring constantly until roux turns chocolate brown (approx. 15-20 minutes). Set aside to let roux cool.

In large dutch oven add sausage and cook to brown; remove with slotted spoon, then add chicken and cook through. Remove chicken and set aside in frig. Add celery, onions, and green peppers to oil in dutch oven (add more oil if needed) and cook for a few minutes; add garlic, seasonings, spices, Ro-tel, chilis and stir. Add in roux, stir and cook for 3-5 minutes. Then add stock, bay leaves and sauces. Bring to boil and then lower temp and simmer for one hour, uncovered. Check often and add more stock if necessary.

Add sausage and chicken and simmer for one more hour. Add okra, simmer for 10 minutes. Just before serving, add cooked rice and cooked shrimp and hot sauce to taste. Keep warm, but don't overcook the shrimp and rice.