

Chicken Gumbo

1-2 Broilers (1 is enough)
1 lb. smoked sausage, sliced

½ cup oil
1 cup flour

2 onions, chopped
6-8 ribs celery, chopped
1 cup chopped green peppers
1 bay leaf
½ teaspoon thyme
1 teaspoon garlic powder
¼ teaspoon oregano
1 teaspoon celery seed
salt and cayenne pepper to taste

6-8 cups of chicken broth

Cook the chickens in water until tender. Slice sausage and cook with chicken for about 30 minutes (or sauté the sausage separately and drain off the grease). De-bone chicken. Remove the fat and save the broth.

Combine oil and flour and make a dark roux*. Add the onions, celery, and green peppers and sauté until soft. Add chicken broth, seasonings, chicken, and sausage. Simmer for about 30 minutes.

(This is a low fat version of gumbo I developed when we lived in Louisiana. Gumbo made this way (cooking the chicken and sausage first and removing the grease) will be less greasy than gumbo made the usual way, but it is very tasty. This recipe also has less oil in the roux.) Bob Bridges

***Making a roux:** To make a roux, you add the flour and the oil in a heavy, thick-bottomed pot. Cook over medium heat while stirring constantly. The mixture should not clump but should cover the bottom of the pan, like thick gravy. You may have to add oil to get it this consistency. To aim for a low-fat gumbo, start with the minimum amount and only add what you need. The mixture will bubble and cook until it turns the color of peanut butter or a brown paper bag. Keep stirring.