

# Gumbo

## Ingredients

- 1 whole chicken breast cut into cubes
- ½ cup flour
- 1 tsp jerk spice
- 1 tsp Cajun spice
- 1 tsp Gumbo File
- ¼ cup canola oil
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 celery rib, diced
- 1 yellow onion, diced
- 2 Roma tomatoes, diced
- 3 garlic cloves, chopped
- 1 minced jalapeno
- 1 Andouille sausage link, diced
- 2 bay leaves
- ½ tbl dried thyme
- ½ tbl jerk spice
- ½ tbl Cajun spice
- ½ tbl Gumbo File
- 4 oz tomato paste
- ½ cup white wine
- 6 cups chicken and/or fish stock
- ½ lime
- ½ tbl Tabasco
- 10 prawns
- ½ cup frozen corn
- ½ cup frozen okra

## Directions

- Dredge chicken pieces in flour mixture (flour, jerk spice, Cajun spice and Gumbo File).
- Add oil to large heavy pan and cook chicken till all sides are browned.
- Remove chicken and add Andouille, vegetables and spices and saute till limp.
- Add tomato paste and brown slightly.
- Add white wine to deglaze and reduce.
- Sift in remaining flour from dredging, stirring to distribute.
- Add stock, limes and Tabasco.
- Add chicken pieces and simmer at least 20 minutes.
- Add frozen corn and frozen okra and simmer till frozen items are heated.
- Add prawns and simmer till cooked.