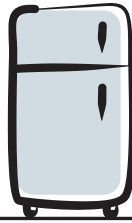


The
"Whatever's
In The Fridge"
cooking show.



Hosted by
Patchez Kennedy
in her own kitchen in
Mer Rouge, Louisiana



PATCHEZ' CHICKEN & SAUSAGE GUMBO

Roux:

- 1 cup flour
- 1 cup oil
- *Or ½ jar of prepared roux

Ingredients:

- 3-4 lbs. boneless skinless chicken thighs
- 2-3 lbs. smoked sausage, sliced (we like Savoie's and Conecuh brands, mix them or choose your favorite)
- 2 beef bouillon cubes
- 2 cups yellow onion, 1 red bell pepper, 1 green bell pepper, 1 stalk celery-finely diced or 2 packages frozen seasoning blend
- 8 cups beef broth
- 8 cups chicken broth
- 4 bay leaves, remove after cooking
- 2 tbsp. Worcestershire sauce
- Your favorite Louisiana hot sauce
- 1 tbsp. minced garlic

- 1 tbsp. ground paprika
- 2 tsp. sea salt
- 2 tsp. ground black pepper
- 2 tsp. dried thyme
- 2 tsp. Cavender's seasoning
- 4Sisters White Rice, cooked (cook about 3-4 cups raw rice to serve with this recipe)

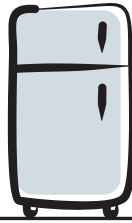
Directions:

1. First, you make the roux. Whisk butter and flour together in a skillet, cook on low heat until desired darkness.
2. Cook the chicken thighs until done in water seasoned with garlic powder, onion powder, salt, pepper, fresh celery stalks and whole carrots. Discard the celery and carrots after cooking. Transfer the cooked thighs to a separate dish and cut or tear into bite size pieces. Save the broth for the gumbo and/or freeze for later use.

To Watch the show visit: 4SistersRice.com



The
"Whatever's
In The Fridge"
cooking show.



Hosted by
Patchez Kennedy
in her own kitchen in
Mer Rouge, Louisiana

3. In a very large stock pot or your gumbo pot, brown the smoked sausage on medium high heat.
4. Add the diced onions, bell peppers, & celery and sauté until vegetable are soft.
5. Crumble the beef bouillon cubes into the sautéed vegetables and add the chicken thigh pieces, beef & chicken broth and the roux (if you like okra, you can add 1-16 oz. pkg. of frozen diced okra, which also helps thicken the gumbo).
6. Add the bay leaves, Worcestershire, Louisiana hot sauce, garlic, paprika, salt, pepper, thyme & Cavender's seasonings.
7. Bring the entire mixture to a boil. Reduce & cook on low heat, uncovered, about 1 ½ hours.
8. Remove bay leaves.
9. Serve over hot 4Sisters rice.

Makes about 16 – 2 cups servings of gumbo.

To Watch the show visit: 4SistersRice.com

