

<p>LE CREUSET SIGNATURE STAINLESS STEEL 30cm Shallow Casserole</p>
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Chicken & Smokey Sausage Gumbo

Serves 6

Gumbo is a soup popular in the U.S. state of Louisiana and is the official state cuisine. This dish relies on the smokey, deep, full-bodied flavours from a blend of spices that slowly soak into the meat and stock throughout the cooking. Made colourful with the addition of a tricolour of peppers, this sharing dish is vibrant and punchy in its nature whilst also being comforting and wholesome.

Preparation time: 30 minutes

Cooking time: 45 minutes

INGREDIENTS

FOR THE CHICKEN

4 skin-on chicken drumsticks
4 skinless & boneless chicken thighs
1 tbsp smoked paprika
½ tbsp cayenne pepper
2 tbsp smoked rapeseed oil
Sea salt & cracked black pepper

FOR THE GUMBO

1 tbsp smoked rapeseed oil
2 large celery sticks, finely diced
1 large red onion, finely diced
1 small red pepper, roughly chopped
1 small green pepper, roughly chopped
1 tbsp dried mixed herbs
1 tbsp smoked paprika
1 tsp cayenne pepper
2 large garlic cloves, finely chopped
2 tbsp plain flour
300g sweet potato, diced into large chunks
150g smoked sausage, diced into chunks
1L chicken stock, hot
2 tbsp maple syrup
6 sprigs thyme
2 bay leaves
Sea salt & cracked black pepper

TO SERVE

Freshly chopped parsley
90g uncooked White or Brown Rice

METHOD

Preheat the oven to 200°C / Fan 180°C / Gas Mark 6

1. With a sharp knife, score all the chicken and place in a large bowl. Add the paprika, cayenne pepper, oil, and pinch of seasoning. Massage the marinade into all the chicken before placing on a baking tray and roasting for 30 minutes.
2. In the meantime, make the gumbo base. Heat the oil in the shallow casserole over a medium heat. Fry the finely chopped celery and onion for 5 minutes until it starts to soften. Add the chopped peppers and fry for a further minute.
3. Sprinkle in the mixed herbs before adding the paprika, cayenne pepper and garlic and fry for 2 minutes.
4. Stir in the flour, coating all the ingredients in the flour and spices whilst ensuring it doesn't stick to the bottom of the pan.
5. After 30 minutes, add the cooked chicken and all the cooking juices to the casserole along with the sweet potato and smoked sausage. Pour in the hot stock followed by the maple syrup. Stir to combine all the ingredients before adding the thyme and bay leaves. Season with a little salt (depending on how salty your stock is) and plenty of cracked black pepper.
6. Allow the gumbo to gently simmer with the lid off to allow the gumbo to reduce, if the sauce is reducing too quickly, turn down the heat and place on the lid. Simmer over a low to medium heat for 45 minutes until the sweet potato is cooked through and the sauce has reduced and become thick and glossy.
7. Season again as necessary before sprinkling the dish with freshly chopped parsley and serve with boiled rice.

Cook's Notes

- Smoked oil is advised for this recipe but not essential if you cannot get hold of it - its aromatic flavour helps to enhance the smokey notes of the recipe even further.
- The cayenne pepper gives a little warmth to the dish. If you don't like it too spicy, omit the cayenne and make sure you choose a sweet paprika.
- To retain moisture and flavour, cook the chicken bone-in; but if you don't like meat on the bone, simply swap for boneless chicken thighs and chicken breast.