

Gluten-Free Choice Batter Gumbo

Ingredients:

1 lb. andouille sausage or other spicy smoked pork sausage, sliced in half lengthwise then cut in 1/3 inch thick half-moon slices
1/2 cup canola oil for roux, extra for sauté
4 chicken breasts
2 lbs or 31-40 count shrimp thawed, vein and tail removed
Kosher salt and freshly ground black pepper
1 cup ChoiceBatter™
1 large white onion, coarsely chopped
3 stalks of celery, coarsely chopped
1 cup chopped green bell pepper
3 large cloves garlic, minced
2 quarts low-sodium, fat-free chicken broth
2 bay leaves
2 tsp. dried thyme
1 bunch scallions, thinly sliced dark and light green parts only
Louisiana-style hot sauce, to taste
1/4 cup hot cooked white rice per serving
1/2 to 1 tsp. filé powder per serving
1 – 2 Tbs. Kitchen Bouquet optional for color if desired

Making the Roux – combine ½ cup of canola oil and 1 cup of ChoiceBatter™ in a small, heavy-bottom sauce pan over med-high heat. Stir continuously until mixture becomes a reddish brown. Remove from heat and reserve.

Sauté sausage in a 12” skillet over med-high heat until browned. Remove sausage to a bowl and set aside. Add 1 tbs. canola to skillet. Season the chicken breasts with salt and pepper and add to the skillet. Brown the chicken on both sides (do not cook all the way through) and remove it to the bowl with the sausage. Deglaze the skillet with 1 cup of water and reserve the liquid for later. Add 1 tbs. of canola oil to the de-glazed pan and allow it to come back up to temperature. Add onion, celery and bell pepper and sauté until slightly tender. Add the garlic and continue to sauté for an additional minute.

In a 10 quart stock pot over medium heat, add the roux and the chicken broth. Stir until you have a smooth consistency. Add the sausage, chicken, celery, onion, bell pepper and garlic and de-glazed liquid. Reduce the heat to medium low, add the shrimp and continue to simmer for 45 minutes to an hour. Remove the chicken and allow to cool until you can pull it into bite sized pieces. Add the chicken back to the pot and add the scallions. Continue to simmer for an additional 15 minutes.
Serve in a bowl over a ¼ cup of cooked white rice. Enjoy with a Redbridge Gluten-Free Beer (if you are over 21)!