

Louisiana Gumbo Cooking Class

Louisiana Gumbo

Ingredients

Meats:

- 1 pack andouille sausage (sometimes also called Cajun) (traditionally pork, but other meat versions exist)
- 1 pack kielbasa sausage (sliced in a different way from the andouille)
- 4 chicken breasts (boneless/skinless)
 - seasoned with Kosher salt and freshly ground black pepper

Roux:

- 1/2 cup vegetable oil
- 1 cup all-purpose flour

Stew:

- 1 large white onion, coarsely chopped
- 3 stalks celery, coarsely chopped
- 1 28oz can of plain diced tomatoes
- 1 diced green bell pepper
- 1 diced red bell pepper
- 3 cloves garlic, minced
- 2 quarts chicken broth
- 2 bay leaves
- 2 tsp. dried thyme

Additional/Toppings:

- 1 bunch scallions, thinly sliced (dark- and light-green parts only)
- Louisiana-style hot sauce, to taste
- Serve over hot cooked white rice

Instructions

- Before starting, chop all vegetables, measure all spices, slice sausage, and cut/prepare chicken

Preparing the sausage and chicken:

- Heat some vegetable oil in the Dutch oven over medium-high heat until hot, 1 to 2 minutes.
- Add the andouille and kielbasa and cook, stirring occasionally with a wooden spoon, until well browned, 4 to 6 minutes (may need to be done in batches). Transfer to a large bowl.
- Add about 1/2 cup water to the skillet and immediately scrape the bottom with a wooden spoon to release any cooked-on bits. Reserve this liquid in the bowl with the cooked sausages.



- Add the ½ cup of oil to the Dutch oven over medium-high heat. Season the chicken pieces with salt and pepper and sauté the chicken in two batches until golden brown on both sides, 3 to 4 minutes per side. Transfer to the bowl with the sausage.

Make the roux:

- Add the flour and ½ cup oil in the Dutch oven and stir constantly with a wooden spoon or heatproof spatula over medium-high heat until the roux reaches the color of caramel, 4 to 8 minutes.
- Add the onion and stir until the roux deepens to a chocolate-brown, 1 to 3 minutes.
- Add the celery, bell peppers, and garlic and cook, stirring frequently, until slightly softened, 3 to 4 minutes.
- Stir in the chicken broth, diced tomatoes can, the reserved liquid from the sausage pan, and the sausage, chicken, bay leaves, and thyme.
- Bring to a boil and then reduce the heat and simmer uncovered, about 45 minutes. Transfer the chicken to a plate.
- When the chicken is fully cooked, pull it apart into bite-size pieces, and return the meat to the gumbo.
- Season to taste with salt and pepper if necessary.

Serve the gumbo:

- Serve in large soup bowls over cooked rice
- If desired add scallions and/or hot sauce to taste

Beignets

Ingredients:

- Café Du Monde Beignet Mix
- Water
- Powdered Sugar

Instructions

- Combine 2 cups Cafe Du Monde Beignet Mix with 7 fl. oz. of water and stir to combine
- Flour a work surface and rolling pin, and roll out dough out to approx. ¼ inch thick
- Cut into small squares (approx. 2 inches), should make about 24 squares
- Fry until lightly golden and puffed in 1-2 inches of hot oil (370°), basing continually
 - Oil is hot enough when dough pops up after 8-10 seconds
 - Electric fryer/skillet works best
- Drain well
- Serve covered in a generous dusting of powdered sugar



Café au Lait (Café du Monde Style)

Ingredients:

- Café Du Monde Coffee and Chicory
- Water
- Milk
- Sugar, if desired

Instructions

- Create desired amount of coffee with 1 tablespoon grounds to 1 cup water
 - Traditionally done in a drip style coffee maker
- Scald and equal amount of milk to coffee (1:1 ratio)
 - Heat milk on the stove until just below boiling (DO NOT BOIL)
- Pour even amounts of coffee and scalded milk into a cup and sweeten if desired

