

Blue Café Gumbo

Provided Courtesy of Chef Allen Hart—formerly of Jackson's Blue Café

Available only through Briarwood Wines and Spirits at www.briarwoodwineandspirits.com

1 (3-4 lb.) cooked chicken
1 ½ lbs. smoked sausage, sliced
¾ cup flour
¾ cup oil
4 slices bacon, chopped
1 large bell pepper, diced
2 large onions, diced
3 cloves garlic, minced
6 stalks celery, diced
12 -16 oz. okra, sliced
½ cup parsley, minced
2 cans Rotel tomatoes
3 bay leaves
2 tablespoons Worcestershire
½ tbsp. dried thyme
1 teaspoon crushed red pepper
3 quarts chicken stock
salt, black pepper & cayenne to taste
2 cups steamed white rice

In a heavy pot, heat oil. Add flour and stir constantly to make a dark brown roux (about the color of the Mississippi River at Rosedale). Add the trinity (bell pepper, onions & celery), bacon and a little chicken stock to make stirring easier. Cook until veggies become tender. Add okra, sausage, and Rotel—stir and cook for 4-5 minutes. Add remaining ingredients and stir well. Simmer for about an hour, or so. Serve over hot rice.

SERVES A BUNCH.