

Cajun Chicken, Shrimp & Andouille Sausage Gumbo (with Filé and Okra) 2-4 person (4 quart)

8 oz. Chicken Boneless Chicken Breast cut in 1/2 “ pieces
8 oz. medium peeled Shrimp
8 oz. smoked Andouille Sausage
1 ½ cup chopped Onion
1 ½ cup chopped Celery
1 ½ cup Chopped Green Pepper
1 cup. Tomatoes, canned, diced
1/3 cup Olive Oil
1/2 cup Flour
4 cup Seafood Stock
2½ Tbsp. Terrace Hill Cajun Seasoning
1 cup Okra, cut
1/2 cup finely cut Green Onion



Heat the oil in a 4-5 quart heavy pot over medium heat, gradually add the flour, continue stirring constantly until roux is dark brown like the color of a hazelnut. Being careful not being scorch the roux is extremely hot.

Immediately add the onion, celery and peppers stir well cook for 1-2 minutes, add the chicken and Cajun Seasoning, cook for 2-3 minute longer.

Add the Stock and Tomatoes bring to boil reduce heat and simmer for 25 minutes. Stirring occasionally.

Add the sausage, shrimp, okra and the Filé (mix file with a little water to avoid lumps) return to simmer; continue simmer for 2-3 minutes, taste if you have to add more salt. (Our seasoning have just the right amount of sea salt)

If you like a spicier Gumbo add more seasoning or cayenne. Remove from heat add the green onion and serve.

If you serve the gumbo as a main course mound a scope of rice in the center.