

SHRIMP & SAUSAGE GUMBO

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Cook/Prep Time: 25 minutes

INGREDIENTS:

2 TBS vegetable oil
1 red bell pepper, cut into 3/4" pieces
1 medium onion, coarsely chopped
1 celery rib, cut into 1/2" pieces
2 garlic cloves, very finely chopped
1/4 tsp cayenne pepper
Salt & freshly ground pepper
1/2 lb Andouille (or spicy Kielbasa) sausage, halved lengthwise/sliced crosswise
1/2" thick
2 TBS all-purpose flour
4 C chicken stock or canned low-sodium chicken broth
2 thyme sprigs
3/4 lb shelled/de-veined medium shrimp
1 scallion, thinly sliced
1 TBS finely chopped flat-leaf parsley

DIRECTIONS:

In large saucepan, heat vegetable oil till shimmering - add bell pepper, onion, celery, garlic & cayenne - season vegetables with salt & pepper - cook over moderately high heat till veggies are softened (about 2 minutes) - add sausage - cook, stirring occasionally, till lightly browned (about 5 minutes) - sprinkle flour atop sausage & vegetables - stir till evenly coated - add chicken stock & thyme - simmer 10 minutes over moderate heat.

Add shrimp & scallion to saucepan - season lightly with salt - simmer, stirring, till shrimp are opaque & cooked through (about 2 minutes more) - discard thyme sprigs - stir parsley into the gumbo & serve at once with rice and/or crusty bread.

Serves: 4