

Chicken & Smoked Sausage File Gumbo



MAKING THIS RECIPE

Ingredients

4 Chicken portions
2 tspns [Cajun Spice Blend](#)
360g thickly sliced Smoked Pork Sausage
3tbsp Vegetable Oil
4tbsp Plain Flour
120g ham, lean & baked, cut into small cubes
2 Onions, chopped
1 Green Pepper, chopped
2 Celery stalks, chopped
4 Spring Onions, thinly sliced

1 tbspn chopped fresh Parsley
2 Garlic Cloves, finely chopped
1 litre Chicken Stock
1 tspn Sea Salt
1 tspn [Black Peppercorns, cracked](#)
1 tspn [Savory](#)
Quarter of a tspn [Cayenne Pepper](#)
2 crushed [Bay Leaves](#)
3 tspns [File Powder](#)
4 portions cooked Long Grain Rice

Method

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Rub the chicken pieces with the Cajun Spice Blend and set aside.
Preheat the oven to 175F. In a heavy casserole dish, fry the sausages until they give up some of their fat, about 5 to 10 minutes. Drain & set aside – throw away the fat.
Put the vegetable oil in the casserole and heat until hot but not smoking. Add the chicken and cook until browned all over, about 15 minutes. Drain and keep warm in the oven.
Gradually add the flour to the oil, stirring all the time to make a roux. Turn the heat down low and cook, stirring all the time, until the roux is golden brown, about 15 minutes (don't burn!).
Mix in the sausage, ham, onions, green pepper, celery, spring onions, parsley and garlic.
Cook for another 10 minutes stirring all the time. Mix in 4tbsp of the stock together with the chicken, sea salt, crushed black peppercorns, savory, cayenne and bay leaves. Stir well, then gradually add the rest of the stock.
Whack up the heat and get to the boil then simmer on reduced heat until the chicken is tender, about an hour, stirring frequently. Take off the heat and let stand for 5 minutes. Stir in the file powder – leave for another 5 minutes.
Serve with the rice.