



NMMBC FAITHWALKERS



PRESENT HIGH ON THE HOG



The Gulf Coast & Carolina's

JAMBALAYA

INGREDIENTS:

3 tablespoons cooking oil

2 tablespoons Slap Ya Mama/Cajun seasoning,
(adjust to suit your tastes/heat preference)

10 ounces chicken andouille sausage, sliced into rounds
1 pound boneless skinless chicken thighs, cut into 1 inch
pieces

HOLY TRINITY

(1 onion diced, 1 green and red bell pepper diced, 2 stalks
celery, chopped)

4 cloves garlic, minced

14 ounces can crushed tomatoes

1 teaspoon pink salt

1/2 teaspoon ground black pepper

1 teaspoon each dried thyme

1/2 teaspoon hot pepper sauce

2 teaspoons Worcestershire sauce

1 cup thinly sliced okra (or 1 teaspoon file powder)

1 1/2 cups uncooked parboiled rice

3 cups low sodium chicken broth

1 pound raw shrimp/prawns tails on or off, peeled and
deveined

Sliced green onions and chopped parsley, to garnish

Heat 1 tablespoon of oil in a large pot over medium heat.

Season the sausage and chicken pieces with half of the Cajun seasoning.

Sear chicken in pan cooking for about 5 minutes on each side. Then remove from pan.

Next brown sausage in the hot pan remove with slotted spoon and set aside.

Sauté the onion, bell pepper and celery until onion is soft and transparent. Add the garlic
and cook until fragrant (30 seconds)

Stir in the tomatoes; season with salt, pepper, thyme, oregano, red pepper flakes (or
Cayenne powder), hot pepper sauce, Worcestershire sauce, and the remaining Cajun
seasoning. Stir in the okra slices (or file powder). Cook for 5 minutes, while stirring
occasionally.

Add in the rice and chicken broth, bring to a boil, then reduce heat to low-medium. Cover
and let simmer for about 20 to 25 minutes, or until liquid is absorbed and rice is cooked, while
stirring occasionally.

Place the shrimp on top of the Jambalaya mixture, stir through gently and cover with lid.
Allow to simmer while stirring occasionally, until the shrimp are cooked through and pink
(about 5-6 minutes, depending on the size/thickness of the shrimp being used).

Lastly add cooked and chopped chicken and sausage.

Season with a little extra salt and pepper if needed and remove from heat. Adjust heat with
extra hot sauce, Cayenne pepper or Cajun seasoning.

Serve immediately with sliced green onions and parsley.



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