

BOURBON, CHICKEN & SHRIMP GUMBO

1/4 cup vegetable oil
1/4 cup bacon fat drippings (or you can just use
1/2 cup veg oil)
1/2 all-purpose flour
3 stalks celery, diced
1 medium onion, diced
1 green pepper, cored, seeded and diced
1/2 cup bourbon whiskey (I used Knob Creek)
6 cups chicken broth
1 (14.5-ounce) can diced tomatoes
2 pounds frozen chicken, cut into 1-inch pieces
(if they're frozen, they'll be perfectly cooked when
the whole thing is done!)
2 cups sliced okra
2 bay leaves
1-2 tbsp Louisiana hot sauce
1 tsp salt
1/4 tsp pepper
1 pound small shrimp, peeled and deveined
1/2 cup fresh cilantro leaves, roughly chopped
2 cups cooked rice



Combine the oil and the flour in a stockpot over medium heat. With a wooden spoon stir the mixture slowly and constantly. After about 5 minutes the mixture will begin to foam. Keep stirring. This mixture is called a roux. As the roux cooks, the color will darken and the flour will have a nice nutty aroma. It should take about 15 minutes to fully develop a nice dark brown roux.

Now add the celery, onions and peppers and cook for about 10 to 15 minutes. Add half of the bourbon after about five minutes and stir for 2 minutes. Add chicken broth about a cup at a time, stirring. Add the remaining ingredients, diced tomatoes, chicken, okra, bay leaves, hot sauce, salt and pepper.

Bring to a boil then lower heat and simmer uncovered for 1 1/2 hours, skimming off the oil that rises to the surface and stirring occasionally. In the last 7 minutes, add the shrimp and remaining bourbon and cook until the shrimp is no longer pink. At the very last minute add the fresh cilantro. Season with more salt and pepper, if necessary. Remove bay leaves and serve with rice!

Recipe Courtesy of Jennifer Raper, www.KitchenPsycho.com