



Zach's Spice Company
Library of Formulas

CHICKEN GUMBO RECEIPE

Place 4 lbs. of chicken thighs into a large pot, cover with water to 1 1/2" above thighs. Cook until done; remove the bones. Retain liquids for further use. Strain the liquid thoroughly removing fat and cooking residue. Add the following vegetables or any others that you desire:

Green Onions 3

Green Celery 3 ribs

Okra (frozen) 1 package

Crushed Tomatoes w/ Tomato puree or juice 1 large Can

Gumbo Seasoning 3 oz (has chopped onion and bell pepper already in seasoning)

Place all the meat and broth back in the pot. Add Zach's Gumbo Seasoning (3 oz.) and bring to a slow simmer.

ROUX PREPARATION:

In a cast iron skillet, add 1/4 cup of bacon drippings or vegetable oil. Heat slowly, adding 4 T of flour. Continually stir the flour and oil to avoid scorching or burning. Cook for approximately 45 minutes to 1 hour. Roux needs to be a dark, dark brown. (This process can be started at the beginning while cooking the chicken.) When the Roux is a dark brown color, add to the pot of chicken and stir.

Careful not to scald yourself - Roux mixture will be very hot! Gumbo is now ready.

Cook rice separately. When done, place in serving bowl and spread Gumbo over the rice.

**Serves about 8 – 10.