

Soup & Gumbo



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Albondigas Soup

This almost authentic Mexican soup has spicy meatballs in a rich broth.

Makes about 1 gallon

1	lb	ground beef
1	lb	chorizo, removed from casing
2	each	eggs, beaten
1	Tbsp	garlic, minced
1	each	carrot, shredded and minced
1	cup	cooked rice
1	cup	cilantro, chopped (can omit if you don't have)
1	tsp	salt
1	tsp	black pepper
2	tsp	ground cumin

- Combine above ingredients, blend well and make **tight**, small meatballs.

3	quarts	chicken stock (can make from chicken base)
1	cup	onion, diced
5	ribs	celery, cut into 1 inch pieces
1	28 oz	can whole tomatoes, chopped
2	tsp	ground cumin
2	tsp	oregano
1	cup	cilantro
2	each	large zucchini, cut lengthwise and then sliced

- Put everything but the zucchini (and meatballs) in a pot and bring to a boil. Reduce heat and simmer about 10 minutes.
- Bring to a high simmer, add meatballs and simmer until meatballs are done. You don't want to boil briskly because the meatballs may fall apart.
- Add zucchini and cook another 5 to 10 minutes.
- Remove and serve. Have white rice available.



Albondigas Soup

Base for Cream Soups & Variations

This base for cream soups can be used for any number of different recipes. Variations follow this basic recipe.

Makes about 25 servings

1/2	cups	margarine
1 1/2	cups	medium onions, finely chopped
1 1/2	cups	flour
3	Tbsp	chicken base
1	tsp	white pepper
1	quart	water
1	gallon	milk, hot

- Melt Margarine. Add onions and sauté till tender.
- Add flour to onions. Stir till blended. Cook for 5 minutes.
- Add water, chicken base and pepper; blend with wire whip.
- Heat and stir till thickened, then add milk and heat through
- Add vegetables and seasonings as suggested in variations to make a variety of cream soups.

Cream of Broccoli Soup. Add 3 lb. cooked, chopped broccoli.

Cream of Cauliflower Soup. Increase onion to 3 cups and water to 1 gal. Reduce milk to 3/4 gallon. Add 3 lb cauliflower, cut into small florets. Stir in 3/4 lb shredded cheddar cheese. Stir till melted. Sprinkle with chives.

Cream of Celery Soup. Increase onions to 2 cups. Add 3 cups cooked celery and 2 cups cooked diced carrots.

Cream of Spinach Soup. Increase onion to 2 cups. Add 2 lb chopped cooked spinach.

Beef & Vegetable Soup

Makes about 50 servings

1/2	Cups	Oil
2	Lb	Cubed Beef
2	Gallon	Beef Stock
12	Cups	Tomatoes, Canned, Chopped with Juice
3	Cups	Carrots, Sliced
3	Cups	Celery, Chopped
6	Cups	Onions, Chopped
3	Cups	Potatoes, Cubed
3	tsp	Salt
1	tsp	Pepper

- In a large stock pot brown beef in oil. Add beef stock, and tomatoes with juice, then simmer till beef is tender.
- Add remaining ingredients and simmer till potatoes are tender.

NOTE: Frozen mixed vegetables can be substituted for carrots, celery, and potatoes (1 bag per 25 servings)



Bean with Bacon Soup

Makes about 1 gallon

2	lbs	dried navy beans
4	quarts	water
1	lb	bacon, coarsely chopped
2	each	large onions, diced
4	ribs	celery, diced
½	cup	flour
1	28 oz	can, whole tomatoes, crushed
2	quarts	water
4	Tbsp	chicken base
½	tsp	black pepper
¼	tsp	ground cloves

- Put beans and 4 quarts water in a stockpot, bring to a boil, cover and then let sit for an hour. Then drain the beans and set aside.
- In another pot, cook the bacon just crisp, remove bacon and add the onions and celery. Cook a couple of minutes until they begin to soften.
- Add the flour and cook an additional 3 minutes. Stir frequently.
- Add the 2 quarts water, bacon and seasonings and bring to a boil, then reduce to a simmer for about an hour.
- Add back the beans and simmer until tender. Stir in the tomatoes and their juice. Heat through and then serve.



Beef Cabbage Soup

This is very similar to a popular recipe from a chain restaurant.

Makes about 2 gallons

2	lbs	ground beef
1	head	cabbage, medium size, quartered, cut into ½ inch ribbons
4	ribs	celery, diced
2	cups	bell pepper, diced
2	cups	onion, diced
1	lb	kidney beans, cooked firm and drained
2	28 oz	cans whole tomatoes, chopped coarsely
2	quarts	beef stock
3	Tbsp	Worcestershire sauce
1	tsp	black pepper
1	tsp	garlic powder

- In a stockpot, brown ground beef and drain.
- Add remaining ingredients except the beans.
- Bring to a boil, reduce to a simmer and cook until cabbage is tender.
- Check seasoning. There should be a slightly noticeable sweetness; add more Worcestershire if needed. Season with salt and pepper to taste.
- Add the beans and simmer until fully heated. Remove and serve.



Beef Noodle Soup

Makes about 3 gallons

½	cup	cooking oil
2	lb	cubed beef
2	tsp	salt
½	tsp	black pepper
2	cups	onions, diced
3	cups	celery, diced
2	cups	carrots, diced small (like the onions)
2 ½	gallons	beef stock
2	12 oz	egg noodles

- In a large stockpot, heat oil, brown the beef, and then drain off the fat.
- Add onions, carrots and celery, and sauté.
- Add stock and simmer about half an hour, then check seasoning. Adjust as needed for saltiness and pepper.
- Add the egg noodles and cook at a high simmer until tender – somewhere between 7 and 12 minutes.
- Check salt again, as noodles will absorb some, and adjust.
- Remove and serve.



Beef & Rice Soup

Makes about 3 gallons

½	cup	cooking oil
2	lb	cubed beef
2	tsp	salt
½	tsp	black pepper
2	cups	onions, diced
3	cups	celery, diced
2	cups	carrots, diced small (like the onions)
2 ½	gallons	beef stock
4	cups	rice (uncooked)

- In a large stockpot, heat oil, brown the beef, and then drain off the fat.
- Add onions, carrots and celery, and sauté.
- Add stock and simmer about half an hour, then check seasoning. Adjust as needed for saltiness and pepper.
- Add the rice and cook until done, about another 20 minutes or so.
- Check salt again, and adjust as needed. Remove and serve.

Broccoli Cheese Soup

Makes about 2 gallons

1	cup	oleo
2	cups	onions, diced
1 ½	cups	flour
2	tsp	salt
1	tsp	black pepper
4	Tbsp	chicken base
2	quarts	water
1	gallon	milk
2	lbs	American or Swiss cheese slices
2	lbs	broccoli florets, chopped a bit small

- Sauté the onions in the oleo.
- Add flour and seasonings and cook about 5 minutes, stirring constantly.
- Stir in water, then chicken base and blend with wire whip until roux is fully incorporated. Cook until it thickens.
- Add milk and cook until heated through, then add cheese and blend.
- When soup is heated through, add broccoli, and simmer 10 minutes.
- Remove and serve.

Chicken Enchilada Soup

Maybe it's a stew, or a chili or a soup. Doesn't matter if it's good. Serve with shredded cheddar and sour cream available.

Makes about 2 gallons

2	each	large onion, diced
3	cans	black beans
3	cans	navy beans and jalapenos (or 1 lb cooked kidneys)
3	cans	whole kernel corn, drained
3	cups	tomato sauce
5	cups	chicken stock
3	cans	Rotel
1	28 oz	can whole tomatoes, crushed, with liquid
3	packs	taco seasoning mix (or 4 ounces by volume)
1	Tbsp	ground cumin
3	lbs	boneless chicken thighs or breasts, or mixed

- Put all ingredients in a stockpot, bring to a boil and then reduce to a simmer. Cook until chicken is done enough to shred. Remove chicken to cool, then shred into large pieces.
- Return chicken meat to the soup; cook another half hour to an hour.
- Remove from heat and serve.



Chicken Enchilada Soup

Chicken Corn Chowder

Makes about 2 1/2 gallons

12	slices	bacon, chopped
2	large	onions, diced
4	ribs	celery, diced
4	cloves	garlic, minced
½	cup	flour
1	gallon	chicken stock
8	each	potatoes, peeled and cubed about 1“(red or white ok)
2	lbs	whole kernel corn, thawed (or 6 cups canned)
4	cups	half and half (you can use evaporated milk also)
6 to 8	cups	chicken, cooked and chopped (or pulled, leftover chicken)
2	tsp	dried thyme
¼	cup	parsley flakes (or ½ cup fresh parsley, chopped)

- Cook the bacon in a stockpot. When crisp, remove bacon leaving fat.
- Add onions, celery and garlic; sauté until soft. Add flour and cook a couple of minutes to achieve a blonde roux. Don't let it darken.
- Add half the stock, stirring with wire whip until roux is incorporated, then add remaining stock, thyme and add salt and pepper. Bring to a boil.
- Add potatoes and corn and let simmer until potatoes are tender, then add the chicken. Cook until chicken is heated through.
- Add the half and half, stir to blend and cook until heated through.
- Check salt and pepper and adjust as needed.
- Stir in the parsley flakes and transfer to serving pan or soup kettle.



Chicken Corn Chowder

Chicken Noodle Soup

Make as shown, or swap out rice for the noodles, or change the noodles to another pasta type. Add mushrooms, omit, the carrots, and the list goes on. A key to this is the broth. Make it yourself, the difference will be obvious.

Makes about 2 ½ gallons

2	each	whole chickens (you can use leftovers but keep the bones)
1 ½	gallons	chicken stock (or water, with chicken base)
4	cups	sliced carrots, frozen (or fresh, diced)
6	ribs	celery, diced
3	each	large onions, diced
1	tsp	black pepper
2	Tbsp	garlic, minced
½	cup	parsley, fresh, chopped
1	tsp	dried thyme
2	tsp	salt (if using chicken base, omit and adjust during cooking)
6	cups	egg noodles (uncooked)

- Make stock with the chicken. If using whole fryers, you can just put them in a stockpot with water to cover. Simmer until the meat is cooked and can be removed from the bone. If using leftovers, or a mix of both, then the same procedure will apply.
- While the chicken cools to handle, skim fat off the top of the stock, add the vegetables and let simmer while you pull the meat and chop it.
- Add the chicken and seasonings. Cook until carrots are tender.
- Adjust seasoning as needed, then add egg noodles. Cook at a high simmer until the noodles are tender, about 10 to 15 minutes.

Chili con Carne

Makes about 1 1/2 gallons

2	lbs	pinto beans (or kidney beans)
5	lbs	ground beef
2	cups	onions, diced
2	Tbsp	garlic, minced
6	cups	canned tomatoes, chopped
4	cups	tomato puree
2	cups	water
1/3	cup	chili powder
2	Tbsp	cumin
1	Tbsp	salt
1/2	tsp	black pepper

- Cook the beans slowly at a simmer until done. They should be very firm and the broth watery. You don't want them creamy at all.
- In a large stockpot, brown the beef with the garlic and onions.
- Add tomatoes, water and spices, cook at a slow simmer an hour.
- When beans are done, add to chili and simmer another half hour.
- Check seasoning and adjust as needed.
- Transfer to serving pan or soup kettle for serving.

Cream of Chicken Soup

Makes about 3 gallons

1	cup	oleo
3	cups	celery, diced
1 ½	cups	flour
2	gallons	chicken stock (if made from chicken base, omit salt)
1 ½	Tbsp	salt
½	tsp	white pepper
1	tsp	onion powder
1	gallon	milk
3	lbs	chicken, cooked and chopped, cubed or chunks

- Sauté celery in oleo until tender, then add flour.
- Cook 5 minutes, stirring the whole time.
- Add stock slowly, stirring with wire whip, and add seasonings.
- If you used chicken base for the chicken stock, check before putting in any salt. Cook until the mixture is the thickness of a thin white sauce.
- Add milk, stirring in and cook until heated through.
- Add chicken and cook until it is also heated through. Check seasoning and adjust as needed. Remove and serve.

Creamy Chicken Broccoli Soup

Makes about 3 gallons

1	cup	oleo
3	cups	celery, diced
2	cups	flour
2	gallons	chicken stock (if made from chicken base, omit salt)
1 ½	Tbsp	salt
½	tsp	white pepper
1	tsp	onion powder
1	gallon	milk
2	lbs	chicken, cooked and chopped, cubed or chunks
2	lbs	broccoli florets, cut small

- Sauté celery in oleo until tender, then add flour.
- Cook 5 minutes, stirring the whole time.
- Add stock slowly, stirring with wire whip, and add seasonings.
- If you used chicken base for the chicken stock, check before putting in any salt. Cook until the mixture is the thickness of a thin white sauce.
- Add milk, stirring in and cook until heated through.
- Add chicken and broccoli, and cook until it is also heated through. Check seasoning and adjust as needed. Remove and serve.



French Onion Soup

Serve this with thick slices of cheesy toasted bread on the side.

Makes about 2 gallons

5	lbs	onions, sliced into thin rings
1	cup	oleo
$\frac{3}{4}$	cup	flour
1	tsp	black pepper
7	quarts	beef stock (can make with beef base)
3	Tbsp	Worcestershire sauce
1	tsp	salt (if making stock with beef base, omit for now)

- In stockpot, sauté onions in the oleo until they brown a bit.
- Add flour and cook until a light brown roux is achieved.
- Add stock, pepper and Worcestershire sauce. Cook at a simmer until onions are tender.



Ham & Potato Soup

Makes about 2 ½ gallons

12	cups	baking potatoes, peeled and cut in 1 inch cubes
4	cups	ham, diced about ½ inch pieces
2	cups	celery, diced small
2	cups	onions, diced small
3	quarts	chicken stock
1	cup	butter
¾	cup	flour
6	cups	milk
1	tsp	black pepper
		salt as needed

- In a large stockpot, put stock, ham, potatoes and vegetables. Bring to a boil, then reduce to a simmer and cook until potatoes are just done.
- In a good sized saucepan or skillet, make a blonde roux, maybe slightly brownish, with the butter and flour.
- Slowly pour in milk, whisking in with wire whip for a smooth sauce.
- Add to the potato soup, stirring in gently.
- Add pepper and salt, cook a few minutes and check for seasoning. Adjust as needed. Remove and serve.

Loaded Baked Potato Soup

Makes about 25 servings

10	each	white potatoes, large (or leftover baked potatoes)
1 2/3	cups	butter or margarine
1 2/3	cups	flour
8	cups	chicken stock
8	cups	milk
1 7/8	tsp	salt
1 1/4	tsp	white pepper
5	Tbsp	green onions, chopped
1 1/4	cups	sliced bacon, cooked and crumbled
3 1/8	cups	shredded cheddar cheese

- Bake potatoes at 350 F about an hour. Refrigerate until cold
- Peel potatoes and cube (you can also scoop out and save the skins to use for another purpose).
- Melt butter in large sauce pan on low heat. Add flour stirring until smooth. Cook 4 minutes, stirring constantly. Gradually add stock while stirring.
- Cook on medium heat until thicken and bubbly, stir constantly.
- Add potatoes, seasonings and milk. Stir well. Cook until heated.
- Add bacon and shredded cheddar, cook until cheese is melted.
- Transfer to serving container and add green onions.



Minestrone & Sausage Soup

Makes about 25 servings

2	lbs	Italian sausage, cooked and sliced into ½ inch pieces
3	cups	onion, diced
3	cups	celery, diced
3	cups	carrots, diced
3	Tbsp	garlic, minced
½	cup	tomato paste
2	quarts	crushed tomatoes (about 3 small cans)
3	cups	chicken stock
1	lb	Great Northern beans, cooked (firm) and rinsed
4	cups	elbow macaroni, uncooked
1	tsp	salt
1	tsp	black pepper
1	Tbsp	Italian seasonings

- Heat large Dutch oven or soup pot to medium high.
- Add sausage to pot. Cook and crumble sausage. Discard most of the fat.
- Add onion, carrots, celery and parsley to sausage and cook until veggies are just tender.
- Add tomato paste, crushed tomatoes and diced tomatoes. Cook for 2-3 minutes. Add Italian herbs.
- Add chicken stock, beans, pasta, salt and pepper and bring to a simmer.
- Cook for 10 minutes or until pasta is al dente. Taste for seasoning.

Potato & Corn Chowder

Makes about 2 1/2 gallons

12	slices	bacon, chopped
2	large	onions, diced
2	ribs	celery, diced
4	cloves	garlic, minced
½	cup	flour
1	gallon	chicken stock
8	each	white potatoes, peeled and cubed about 1 “
1	#10	can whole kernel corn, drained
4	cups	half and half (you can use evaporated milk also)
2	tsp	dried thyme
¼	cup	parsley flakes (or ½ cup fresh parsley, chopped)

- Cook the bacon in a stockpot. When crisp, remove bacon leaving fat.
- Add onions, celery and garlic; sauté until soft. Add flour and cook a couple of minutes to achieve a blonde roux. Don't let it darken.
- Add half the stock, stirring with wire whip until roux is incorporated, then add remaining stock, thyme and add salt and pepper. Bring to a boil.
- Add potatoes and corn and let simmer until potatoes are tender.
- Add the half and half, stir to blend and cook until heated through.
- Check salt and pepper and adjust as needed.
- Stir in the parsley flakes and transfer to serving pan or soup kettle.



Potato & Corn Chowder

Senate Bean Soup Recipe

Say what you will about the government, they do have a good bean soup.

Makes about 2 ½ gallons

2	lbs	dry navy beans
1 ½	gallons	water
2	lbs	smoked ham hocks or a large ham bone
5	cups	mashed potatoes
4	tsp	salt
½	tsp	pepper
2	cups	onions, diced
2	cups	celery, diced
2	cloves	garlic, minced

- Heat beans, hocks (or ham bone) and water to boiling. Cook 2 minutes; remove from heat. Cover and let stand an hour.
- Return to a boil, then reduce to simmer and cook about 2 hours or until beans are tender.
- Add remaining ingredients, cover and simmer an hour.
- Remove the hocks, let cool enough to handle. Remove meat, cut into ½ inch pieces and add back to the soup.
- Garnish with some parsley and serve.



U.S. Senate Bean Soup

Shrimp and Corn Soup

Makes a couple of gallons

6	cups	whole kernel corn
4	lbs	shrimp, peeled and deveined (use smaller shrimp)
2	cups	butter
2	cups	flour
3	cup	chopped onions
2	cup	chopped celery
1	cup	chopped green bell pepper
1/2	cup	minced garlic
2	cups	tomatoes, seeded and diced
2	cups	tomato sauce
5	quarts	shellfish stock if you have it, chicken if you don't
2	cup	heavy cream
1/2	cup	fresh parsley, chopped

Tip: for a really good flavor, use corn on the cob, thawed. Shuck the corn and boil the cob with the broth (remove before serving).

- In a large stockpot, melt butter; add corn, onions, celery, bell peppers, and garlic; sauté about 5 minutes until vegetables are wilted.
- Add flour; cook while stirring a few minutes. Don't brown the roux.
- Add tomatoes, tomato sauce and stock, slowly, into the roux to prevent lumping. Stir as you add until it is all blended in. Bring to a boil.
- Reduce to a simmer; add cream and shrimp. Cook for about 20 minutes at a low simmer. Add parsley, salt and pepper to taste.

Southwest Beef Vegetable Soup

Makes about 4 gallons

2	gallons	beef stock
2	lbs	whole kernel corn
4	cans	black beans, rinsed and drained
2	cups	bell pepper, diced
2	each	jalapeno, fresh, seeded and minced
4	cups	onions, diced
3	cups	potatoes, peeled and cubed
¼	cup	ground cumin
1	Tbsp	salt
1	tsp	pepper
1	#10	can whole tomatoes, crushed by hand or chopped
6	cups	beef or pork, cooked and cubed (any leftover is great)

- In a large stockpot, heat stock
- Add vegetables, tomatoes and seasoning, cover and simmer until vegetables are tender, about 30 to 40 minutes.
- Check seasoning and add as needed, then add beef or pork.
- Simmer another 10 minutes or until beef is fully heated.
- Remove and serve.

Sausage & Potato Chowder

Makes about 25 servings

½	cup	oleo
½	cup	flour
2	each	large onions, diced
3	Tbsp	garlic, minced
2	each	red bell peppers, diced
3	each	green bell pepper, diced
6	cups	chicken stock
3	cups	milk
2	cups	cream or half and half
4	lbs	red potatoes, diced
1	tsp	black pepper
2	tsp	ground cumin
2	lbs	whole kernel corn, thawed
1	lb	smoked sausage, diced

In a large stockpot, sauté onion, garlic and bell peppers until soft. Add flour and cook about 3 minutes more.

Stir in broth and blend with wire whip. Add seasonings.

Add potatoes and half of corn; bring to a boil and reduce to a simmer.

While potatoes cook, puree half of corn in a blender and set aside.

Sauté sausage until it browns a bit, then add to soup.

When potatoes are tender, add the pureed corn and milk. Simmer an additional 20 minutes and remove.

Split Pea Soup

Well, once in a while you'll find someone who likes it and if you do, you should make a good version of it. This is a good one. You can make it richer with more cream instead of half and half.

Makes about 2 gallons

2	lbs	split peas
3	quarts	water
3	Tbsp	chicken base
1	tsp	black pepper
1	lb	ham, diced in ½ inch cubes
2	cups	onions, diced
2	cups	carrots, diced small
1	lb	potatoes, peeled, diced small
1/2	cup	oleo
1/2	cup	flour
1 1/2	quarts	half and half

- Rinse the peas, put in stockpot and add water, chicken base and pepper. Bring to a boil then cover, remove from heat and let sit an hour.
- Return to stove; add onion, carrots, ham and potatoes. Cook an hour or until peas are soft.
- In saucepan, make a blonde roux with oleo and flour. Blend in the half and half and cook until sauce is thickened and heated through.
- Add to peas and stir in gently.
- If mixture needs thickening, simmer gently until it is thicker.
- Check for seasoning during this time and adjust as needed.



Split Pea Soup

Vegetable Soup

If you're not using leftovers for this soup, you're missing out on great flavor and a chance to save our customer on their budget. On the other hand, if you just don't have any (because you are a genius at portion control), then you can use mixed veggies frozen or canned, or canned veggies, or pick out those fresh ones that won't make it until grocery day.

Makes about 4 gallons

1 1/2	gallons	beef stock
1	46 oz	can tomato juice or V-8
8 to 12	cups	green beans, carrots and corn (use leftovers here)
4	cups	celery, diced
4	cups	onions, diced
6	cups	potatoes, peeled and cubed
1	Tbsp	salt
1	tsp	pepper
1	#10	can whole tomatoes, crushed by hand or chopped

- In a large stockpot, heat stock
- Add vegetables, tomatoes and seasoning, cover and simmer until vegetables are tender, about 30 to 40 minutes.
- Check seasoning and add as needed.
- Simmer another 10 minutes or until beef is fully heated.
- Remove and serve.

White Chicken Chili

Makes about 1 gallon

4	Tbsp	cooking oil
2	each	large onions, diced
3	cans	hominy, drained
2	lbs	great northern beans
2	quarts	chicken broth
2	lbs	chicken, cooked and cubed
¼	cup	cilantro, chopped
1	Tbsp	ground cumin
1	tsp	black pepper
1	lb	Swiss cheese slices

- Cook the beans in well-salted water until just done. They should be firm and not creamy or broken up.
- In a stockpot, cook onions in oil until soft.
- Add remaining ingredients except the cheese, bring to a boil and reduce to a simmer. Cook for a few minutes until everything is heated through.
- Stir in the cheese slices 1 or 2 at a time and heat until blended.
- Remove and serve.



White Chicken Chili

Keys to a Great Gumbo

First you make a roux...

A dark roux. It should be at least the color of milk chocolate for a seafood gumbo; a little lighter for chicken or duck is fine. If you see little specks of black in your roux, don't try to use it – it's scorched. Start over.

Bone up on stock...

Use the bones, the shells, and the liquor. If you're making a chicken gumbo, make your stock and use those chicken, hen or turkey bones. Simmer the entire bird to make a rich broth. And here's a trick: after you pick the meat from the bones, put them back into the stock and cook another hour. Bones have far more flavor than you realize and this second step really makes a flavor difference you will taste.

Use the oyster liquor in your seafood gumbo. It won't give a heavy oyster taste at all, but will intensify the seafood flavor.

Smoked meat...

Using smoked meat, like sausage, adds another dimension of flavor to your gumbo, no matter what type you're making.

Long, low and slow...

Like barbecue, let a good gumbo take its time. This lets flavor develop and the seasonings mellow and become more complex. Speaking of which:

Make it ahead...

Everybody knows gumbo tastes better the day after, so just make it a day before and let it mellow.

Brown meats first...

Taking the time to brown the meats before adding to your gumbo adds depth of flavor and color. For seafood gumbo, we're talking about andouille or smoked sausage. For chicken, you can do all the meats.

Chicken Okra Gumbo

1	each	stewing hen (or 2 whole fryers)
1 1/2	gallons	water
2	cups	flour
1 ½	cups	oil
4	cups	large onions, diced
2	cups	celery, diced
2	cups	bell pepper, diced
2	Tbsp	garlic, minced
2	each	bay leaves
2	lbs	smoked sausage, thinly sliced
2	lbs	okra, sliced, thawed
½	cup	green onions, sliced
1	Tbsp	Tabasco
1	Tbsp	Tony's or other creole seasoning
¼	tsp	cayenne
		salt and pepper as needed

- Cook the chicken / hen in the water until tender. Remove the chicken, cool and debone. Set the meat aside. Or, you can chill until next day.
- Make a dark roux with oil and flour, then add onions, pepper, garlic and celery, and sauté until tender.
- Slowly add stock, blending with wire whip as you do.
- Add andouille, bay leaves and seasonings and simmer about half an hour.
- Add the okra and simmer until tender, about 20 minutes.
- Stir in the chicken, cook until meat is tender and hot; remove.
- Add green onions and transfer to steamtable pan.



Chicken & Okra Gumbo

Chicken Sausage Gumbo I

This is a make-ahead recipe. It's always better the day after anyway. (

4	Lb	Fryers, Cut
1	Lb	Sausage, Smoked Sliced into 1/4" thick slices
2	Each	Onion, Large, Coarsely Chopped
1	Each	Bell Pepper, Chopped
4	Each	Celery, Chopped
1/4	Cup	Garlic, Fresh, Minced
1	Cup	Green Onion Tops, Medium Chopped
1 1/2	Cup	Roux, medium brown
1 1/2	Tbsp	Chicken Base
1	tsp	Garlic Powder
1	tsp	Cayenne
3	Quarts	Chicken Stock

- Put chicken in stockpot on low heat and cook to make a stock. When chicken is tender, cool and debone. Refrigerate chicken and stock.
- The next day, pull stock, skim fat and discard. Set stock on stove at low.
- In a large skillet, heat roux and add half the onion; sauté until tender, then add the rest of onions, the celery, bell pepper and garlic.
- Cook until softened and add to the stock. Blend well with a wire whip.
- In same skillet, brown sausage. Discard the grease; add sausage to pot.
- Add seasonings to pot and simmer about half an hour
- Add chicken and cook until it is very tender and falling apart.
- Adjust seasonings as needed, then add green onions.
- Remove and serve.



Chicken & Sausage Gumbo

Chicken Sausage Gumbo II

This gumbo relies on stewing hens, cooked a long time, but you can use chickens if you prefer. Plan on a shorter cooking time.

Makes about 2 gallons

2	each	stewing hens
3	lbs	smoked sausage, sliced
2	cups	oil
3	cups	flour
4	cups	onions, diced
3	cups	celery, diced
2	cups	bell pepper, diced
1/2	cup	garlic, minced
6	quarts	chicken stock (you'll be making from the hens)
1	cup	green onion tops, sliced
4	each	bay leaves
1/2	tsp	cayenne (and maybe more 😊)

- Simmer the hens for a loooong time in some chicken stock. When they're tender enough to debone, remove, cool and pick the meat off the bones.
- Set the stock and hen meat aside for now.
- In a stockpot, heat the oil, add flour and make a nice dark roux – not crazy dark like for a seafood gumbo but a good brown roux.
- Add onions, celery, bell pepper and cook until soft, then add garlic and cook another couple of minutes.
- Slowly start adding in the stock, stirring as you do.

Duck and Andouille Gumbo

Start this a day ahead for the best result.

Makes about 2 gallons

2	each	ducks
8	quarts	water
2	each	onions, peeled and quartered
4	ribs	celery, halved
3	each	bay leaves
4	cloves	garlic
½	tsp	salt
½	tsp	pepper

- Combine ingredients in a stockpot, bring to a boil then reduce to a simmer for about 1 ½ hours or until tender. De-bone the ducks, return the bones to the stock and simmer another 30 minutes or so.
- Refrigerate overnight (meat and stock). Next day, skim fat and discard.

2	cups	flour
1 ½	cups	oil
6	cups	andouille, halved and sliced
4	cups	onions, diced
2	cups	celery, diced
2	cup	bell pepper, diced
2	Tbsp	garlic, minced
½	cup	green onions, sliced
1	Tbsp	Tony's seasoning
¼	tsp	cayenne
½	tsp	oregano
2	Tbsp	Tabasco
5	quarts	duck stock

- In a large stockpot, make a dark roux with flour and oil. Add onions, celery and bell pepper and sauté until wilted.
- Add garlic, cook another 3 minutes or so.
- Stir stock in slowly, blending with wire whip as you do, then add seasonings and bring to a boil.
- Reduce to a simmer and let cook.
- Meanwhile, brown the andouille; add to the broth (discard the fat).
- Add the duck, continue to simmer another hour, or until the meat is tender; check for seasoning during this time and adjust as needed.
- When meat is tender, add green onions, remove from heat and serve.



Seafood Gumbo

Pay attention to the oyster liquid (liquor) in this recipe. It makes a difference, and you probably just discard it, right?

3	cups	oil
3	cups	flour
6	cups	onions, diced
3	cups	celery, diced
3	cups	bell pepper, diced
½	cup	garlic, minced
9	quarts	seafood stock
	all	oyster liquor from a half gallon container
5	lbs	gumbo shrimp
2 1/2	lbs	andouille or smoked sausage, sliced
1	lb	crab meat (claw is fine)
1	bunch	green onions, sliced
2	tsp	garlic powder
1/2	tsp	cayenne (or more as needed)
4	each	bay leaves
1	tsp	Tabasco

- Make a dark roux with flour and oil, add onions, bell pepper and celery; cook until wilted and then add the garlic. Cook two minutes more.
- Add the andouille and cook until well blended.
- Start adding stock slowly while stirring with wire whip to blend. Bring to a boil, reduce to a simmer and cook about 20 minutes.
- Add the crab meat, seasoning, and oyster liquor and cook another 10 or 15 minutes. Check the seasonings and adjust as needed.
- Stir in the shrimp, bring to a low boil and cook 5 minutes or until the shrimp are cooked. Remove bay leaves.
- Stir in the green onions, check the seasonings once again and remove.



Seafood Gumbo