

Gumbo

1 cup vegetable oil
1 cup flour

Make a roux, cooking until the colour of dark peanut butter or light chocolate. Add

4 cups chopped onions
2 cups chopped celery
2 cups chopped green pepper
1 lb. sliced okra
1 tablespoon chopped garlic

Cook until okra is no longer stringy and onion is translucent. Approximately 5 minutes.
Add

1 lb. cubed ham
1 lb. cooked chicken chopped
1 lb. sliced andouille or other smoked sausage

Gradually add

8 cups chicken stock or more
Cajun seasoning to taste

Reduce heat and simmer for at least 1 hour. Skim any fat from top. Adjust seasoning.
This is best made in the morning or the day before.

Serve with a mound of cooked Uncle Ben's rice in the bowl. Additional Cajun seasoning, Tabasco sauce, filé may be added to individual servings.