



## *Chef Paul's Cajun Chicken, Sausage & Shrimp Gumbo*

Our good friend Chef Paul Mach is culinary professor at Pennsylvania College of Technology and co-host of "You're the Chef", a public television cooking series.

Makes 3 quarts

- ¼ tsp. Ground White Pepper
- ½ tsp. Cayenne Pepper
- ½ tsp. Ground Black Pepper
- 1 tsp. Salt
- ¼ tsp. Onion Powder
- ¼ tsp. Thyme Leaves, Dried
  
- ½ c. Salad Oil
- ½ c. All Purpose Flour
- ½ lb. Boneless Chicken Breasts cut into chunks
- ¾ c. Spanish Onions, medium Diced
- ¾ c. Green Pepper, medium dice
- 1c. Fresh okra, sliced
- 1 tbsp. Fresh garlic, chopped
  
- ½ lb. Hot sausage, preferably Andouille Sausage
- 1½ c. Ripe or canned whole tomatoes diced
- ¾ c. Button mushrooms, slice
- 1½ qt. Water
- ¼ c. Fresh parsley, chopped
- ½ lb. Shrimp Peeled, de-veined, split in half lengthwise
- 1 bulb Green onion, chopped fine

1. Mix the seasoning together and reserve.
2. Over high heat in a heavy bottom 1 gallon soup pot, combine the oil and flour and cook over medium heat, or until the flour has turned tan to light brown. Add the chicken, cooking until the chicken is firm and lightly browned. Add the vegetables, cooking them over high heat until they are browned, scraping the bottom of the pan to avoid any burning.
3. Add the sausage and spice blend, cooking until the sausage is browned. Add the water, mushroom, tomatoes, okra and parsley, simmering for ½ hour until the okra is soft.
4. Add the chicken, shrimp, and green onion, simmering until the seafood is just cooked. Serve over plain boiled rice.
5. Pair with Hunt Country *Vignoles* or *Hunter's Red*.