



CHICKEN AND SAUSAGE JAMBALAYA

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*One of the key ingredients in Chef Guas’ jambalaya is **Andouille sausage**. Andouille sausage, characteristic of Cajun culinary traditions, has ties to French-style sausages. This is not entirely surprising because Cajuns are descendants of French colonists. Although we typically associate Cajuns with rural Louisiana, they have deep connections to many parts of North America. In fact, Cajuns are descendants of a group of French colonists who settled in French Canada. When the British gained possession of French Canada during the French and Indian War, the British government expelled French colonists from the area (c.1750s-1760s). Their expulsion is known as the “Great Upheaval.” Over a decade, these French colonial exiles migrated down the Mississippi River Valley, many of them settling upriver of New Orleans in what is now known as “Cajun Country.” Characteristic of their historic cultural ties to France even as they migrated across vast distances, Cajuns continue to use Andouille sausage.*

CHICKEN AND SAUSAGE JAMBALAYA

Courtesy of David Guas, Chef/Owner of Bayou Bakery, Arlington, VA

Makes 3 dozen

Ingredients

2 pounds boneless/skinless Chicken thigh, chopped
 2 teaspoons kosher salt, divided
 .5 teaspoon black pepper, freshly ground
 2 tablespoons vegetable oil
 2 pounds Andouille sausage, cut into 1/4-inch thick slices
 2 onions, medium, diced
 1 green or red bell pepper, large, med. diced
 1 cup green onions, finely chopped, divided
 1 cup flat-leaf parsley, chopped, fresh, divided
 2 cloves garlic, minced
 3 cups rice, long grain
 8 cups chicken stock
 .5 to 1 teaspoon cayenne, ground
 8-12 sprigs flat-leaf parsley, for garnish
 2 tablespoons Worcestershire sauce

Procedure

Season chicken with 1 teaspoons of salt and black pepper. Heat oil in a large Dutch oven over medium-high heat. Add half the chicken and cook about 5 minutes, or until browned on all sides. Remove from pan and brown remaining chicken. Add sausage and cooked chicken to the Dutch oven. Cook, stirring frequently, for 5 minutes or until browned.

Remove contents of pan with slotted spoon. Add onions, bell pepper, .75 cup green onions, and .5 cup chopped parsley. Cook, stirring frequently, for 5 minutes. Add garlic and rice along with the Worcestershire sauce and cook, stirring constantly, for 2 minutes on medium high. Add chicken stock, chicken, sausage, remaining salt, and

ground cayenne pepper. Bring to a boil. Reduce heat, cover, and simmer for 18 minutes, or until rice is tender and all liquid has been absorbed.

Remove from heat and let stand, covered, for 5 minutes. Stir in remaining .25 cup green onions and .5 cup chopped parsley.

Garnish with sprigs of flat-leaf parsley and serve hot.



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