

Spicy Gumbo-Laya

BON APPÉTIT JUNE 1997

YieldMakes 6 Servings

Ingredients

3 tablespoons olive oil
1 pound skinless boneless chicken thighs, cut into 1 1/2-inch pieces
8 ounces fully cooked hot link sausages (about 3), cubed
1 large onion, chopped
2 large green sweet peppers, chopped
1/4 cup all purpose flour
3 cups canned low-salt chicken broth
2 cups seeded, peeled and diced fresh tomatoes or 1 14 1/4-ounce can diced tomatoes
1 tb Creole seasoning
1 cup sliced okra
3/4 cup long-grain white rice
1 pound bay scallops
8 ounces uncooked large shrimp, peeled, deveined
Cayenne pepper

Preparation

Heat oil in heavy large pot over medium-high heat. Add chicken and sausage and sauté until brown, about 8 minutes. Using slotted spoon, transfer mixture to bowl. Add onion and pepper to pot. Sauté until soft and brown, about 6 minutes. Add flour and stir until golden tan, about 5 minutes. Gradually whisk in chicken broth, then diced tomatoes with their juices. Bring to boil. Mix in chicken mixture, 1 tb Creole seasoning, okra and rice. Reduce heat to medium; cook uncovered until rice is tender and most of the liquid is absorbed, stirring occasionally, about 30 minutes. Mix scallops and shrimp into pot. Cover and cook until seafood is cooked through, stirring occasionally to prevent sticking, about 10 minutes. Season to taste with cayenne, salt and pepper.