

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Spicy Shrimp and Sausage Jambalaya

Adapted from Recipes in "The Louisiana Proud Collection of Home Cooking"

Ah, Jambalaya; one of the quintessential Cajun dishes. Mild or spicy, seafood or not, it's found in just about every restaurant in Louisiana. Here's a simple one...

4 Tbsp all-purpose flour
1/3 cup vegetable oil
2 Tbsp chili oil
3 large yellow onions, chopped
1 large bell pepper (yellow or green), chopped
2 Tbsp minced garlic
1 qt cleaned, raw shrimp
2 lb spicy link sausage (fully cooked), cut into chunks
1/2 cup flat-leaf parsley, chopped
3 cup warm, cooked rice
garlic powder, salt, pepper to taste

In a large, iron Dutch oven, heat oils over medium heat. Cook flour, with constant stirring, to make a light brown roux. (Don't scorch the flour! Adjust heat down as necessary.) Sauté onion, bell pepper and garlic until tender. Add shrimp and sausage and cook until shrimp are done, about 7-10 minutes. Add water to make a nice gravy; stir to avoid lumps. Add parsley and simmer for a few minutes to flavor the sauce. Fold rice into jambalaya and remove from heat; cover and let stand for a few minutes until gravy is absorbed. Season to taste and enjoy!

You can use oysters, or crawdads, or just go with the sausage. Replace chili oil with veggie oil to tone down heat; you may want some red pepper flakes then...

Yield: Six to eight servings

Preparation time: 15 minutes, more if you clean your own shrimp

Cooking time: 25-30 minutes, more if you make rice up ahead of time.

