

How to Eat like a Southerner and live to Tell the Tale

JAMBALAYA

by Courtney
Farker,
Clarkson Potter,
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Jambalaya is a Louisiana casserole using the week's worth of leftover meats. It may include anything from shrimp to rabbit and usually contains three different kinds of meats. In this version I have used turkey sausage to impart a rich flavor, but very lean ham would work as well.

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| 2 tablespoons canola oil | 1½ cups chopped peeled fresh tomatoes ← can use canned tomatoes |
| 1 cup chopped onion | 1 cup rice |
| ¾ cup chopped green bell pepper | 1½ cups Defatted Chicken Stock (page 20) |
| Can omit, → ¾ chopped celery | 1 teaspoon Tabasco |
| 1 tablespoon chopped fresh parsley | ½ teaspoon ground thyme |
| 1 garlic clove, minced | ¼ teaspoon freshly ground black pepper |
| 1 pound smoked turkey sausage, cut into bite-size pieces | 1 bay leaf ← can omit |
| 1 cup chopped cooked chicken | Salt to taste |
| 1 pound blanched packaged crawfish tails, with their fat (available at some fish markets) | ← can use cooked crawfish tail |

In a large Dutch oven, heat the oil over low heat. Add the the onion, pepper, celery, parsley, and garlic. Cover and simmer over low heat for 20 minutes, or until the vegetables are soft.

Cook the sausage in a 10-inch skillet over medium-high heat for 20 minutes, stirring occasionally to keep it from scorching. Drain well on paper towels.

Add the drained sausage and the rest of the ingredients to the simmering vegetables and toss until well mixed. Bring to a boil over medium-high heat, reduce the heat to low, and simmer, covered, for 50 minutes or until rice is done, stirring every now and then to facilitate even cooking. Serve hot with crusty French bread.

Serves 8