

Jambalaya (Creole / Cajun)

Yield: 6 serves | **Prep:** 15 min | **Cook:** 45 min | **Source:** thestranger.online

Jambalaya is an American Creole and Cajun rice dish of French, especially Provençal cuisine, African, and Spanish influence, consisting mainly of meat and vegetables mixed with rice.

This is an authentic one pot meal from New Orleans. It is pure comfort food packed with chicken and shrimp, andouille sausage, rice, seasonings, spices and punchy flavours throughout.

Ingredients

- 3 tbsp oil (cooking)
- 2 tbsp cajun seasoning
- 300 g andouille sausage
- 1 lb chicken (thighs, skinless, boneless)
- 1 onion (diced)
- 1 pepper (green, diced)
- 1 pepper (red, diced)
- 2 celery (stalks)
- 4 garlic cloves (minced)
- 440 g tomatoes (crushed)
- 1 tsp salt
- ½ tsp pepper
- 1 tsp thyme (dried)
- 1 tsp oregano (dried)
- ½ tsp cayenne
- ½ tsp hot sauce
- 2 tsp Worcestershire sauce
- 1 cup okra (slice)
- 1 ½ cups rice (short)
- 3 cups chicken stock
- 1 lb shrimp (raw)
- 1 Spring onion (garnish)
- 1 Parsley (flat leaf, garnish)



Instructions

1. Over a medium heat pour 1 tbsp of oil in a large pot or Dutch oven. Season the chicken and sausage pieces with half of the Cajun.
2. Brown the sausage in medium to hot oil then remove with a slotted spoon and set aside. Add the remaining oil to the pot and sauté the chicken until lightly browned. Remove the meat and set aside.
3. Sauté the onion, pepper and celery until the onion is translucent. Add the garlic and cook for 30 to 60 seconds.
4. Stir in the tomatoes and season with salt, pepper, thyme, oregano, cayenne, the hot sauce, Worcestershire sauce, and all remaining Cajun seasoning. Stir in the okra, chicken and finally the sausage. Cook for 5 minutes, while stirring occasionally.
5. Add in the rice followed by the chicken broth and bring to a boil, then reduce to a low medium heat. Cover and let it all simmer for about 20 to 25 minutes, or until all the liquid is absorbed and rice is cooked, while stirring occasionally.
6. Place the shrimp on top of the Jambalaya mixture, stir through gently and cover with the lid. Allow to simmer again while stirring occasionally, until the shrimp are cooked through and pink about 4 to 5.
7. Finally, season again with a little extra salt and pepper if needed and remove from the heat. Add extra hot sauce, Cayenne or Cajun should you so desire.
8. Serve immediately with the sliced spring onions and parsley.