



The Rogerroger Company
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www.rogerroger.com

INGREDIENTS:

1 lb. Chappell Hill Garlic Smoked Sausage

www.chsausage.com

4 chicken breast halves

Vegetable Oil

Bacon Grease or Drippings

The trinity which consists of the next 3 ingredients:

1 large onion, chopped

1 green bell pepper, chopped

4 celery ribs, sliced

10 cups hot water

1 4.5oz jar of chopped garlic (Polaner or Spice World brand)

4 bay leaves

4 spoons of Tony Chachere Creole Seasoning

www.tonychachere.com

1 spoon of dried thyme

1 spoon of Worcestershire sauce

1 spoon of hot sauce, if desired

4 green onions, sliced. Keep chives for garnish.

1 frozen bag of sliced okra

1 bottle of beer, room temperature

File powder, if desired

Hot cooked white, long-grain rice

INSTRUCTIONS FOR THE ROUX

Rogerroger says, "Life is a lot like gumbo. You have to turn up the heat and stir a lot!" Start your gumbo with that kind of attitude and you'll be rewarded when it's banquet time. Before we cook the roux, we have to chop the green bell peppers, celery, and onions (the trinity). Set the trinity aside. Get out a big stock pot and place it on a burner. Measure 1 cup of vegetable oil and one cup of flour. Pour the oil in the pot and turn the stove to medium high. Add a spoonful of bacon grease, if desired. Grab a whisk and keep it close by because you'll need it. You and your little whisk are "gonna be friends" for the next 30 minutes. And, yep, ya need a big drink nearby. And, oh yea, unplug the phone. Don't let allow any disruptions for the next 30 minutes because "you gonna make roux." Test the oil for proper temperature by dropping a pinch of flour into it. If it sizzles and shows some action then get ready. We gonna make roux. Do not drop all your flour into the oil at once. Add a little at a time because like anything in life, especially woman, you have to date, kiss and hug her before she's ready for marriage. So as you drop a little flour into the oil, you have to stir, stir, stir. Eventually, all of the flour will be stirred into the oil. Keep stirring.

Never stop stirring. I told you that you and your whisk were going to become good friends. Keep stirring. Stop stirring only to take a "swig" of your drink. Then continue stirring. Never burn your roux. RR TIP: When you see nearly invisible wisps of smoke rising out of the pot, then temporarily move the pot off the burner. Keep stirring. After 45 seconds, return to heat. You may have to repeat this process to prevent burning your roux. As your roux cooks, its color will change from blonde to caramel to chocolate color. Your goal is to cook your roux to a chocolate color. This will happen at about the 25 minute mark. Here, add some salt and pepper. These flavors will enrich your roux. You're finished with the roux when it comes to a chocolate color. Turn your heat down a tad to medium and add your trinity which is your bell pepper, onions and celery. Again, your roux is like a woman, don't clog up the works by adding everything at once. Do it a little at a time. And keep stirring for the next 8 minutes or whenever the trinity becomes transparent and glossy.

INSTRUCTIONS FOR GUMBO

Gradually add 10 cups hot water and bring mixture to a boil. RR TIP: For the best gumbo, cook your chicken and sausage ahead of time on the BBQ pit. Cook with mesquite wood chips for best flavor. Set aside until time to add to gumbo. If making Chicken & Sausage Gumbo, then add your chicken, garlic, bay leaves, creole seasoning, thyme, Worcestershire sauce, and hot sauce. For hot sauce, I use a few drops of Cholula Hot Sauce. Reduce heat to low. Stir occasionally. Add salt and pepper. After one hour, add sausage. Keep the heat on low for another 30 minutes. Add salt and pepper. Add the okra and green onions and cook another 30 minutes. Discard the bay leaves. Cook your rice. Add one-half of the beer to the gumbo. Remove from heat. Sprinkle file powder, if desired. Serve over hot cooked rice. RR TIP: Make Seafood Gumbo by swapping the chicken & sausage for shrimp, crabmeat, and fish. Add your shrimp towards the end because shrimp needs little cooking time. RR TIP: Instead of beer, use a little red wine to make your gumbo zoom past the competition.

A stylized, handwritten signature in black ink, appearing to read 'R Pearce', with a long horizontal line extending to the right.

Roger Pearce