

## Mike Henderson's Creole Jambalaya

Author: From my friend, Mike Henderson

Carolyn T's  
Main Cookbook

Servings: 8



### CHICKEN:

**1 whole onion, chopped**

**3 stalks celery, chopped**

**1 1/2 pounds chicken, thighs, breasts or legs**

### JAMBALAYA:

**2 tablespoons olive oil**

**1 1/2 pounds Andouille sausage, or Italian sausage (hot or mild)**

**1 whole green bell pepper, chopped**

**1 whole onion, diced**

**32 ounces diced tomatoes, including juice**

**16 ounces beef broth**

**Water, if you don't have enough chicken broth**

**2 tablespoons dried thyme, crumbled**

**1/2 teaspoon saffron**

**Hot sauce, to taste**

**2 cups long-grain rice**

**1 pound green peas, optional**

**Blog: Carolyn T's Blog:**

**<http://tastingspoons.com>**

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*Per Serving (excluding unknown items): 577 Calories; 25g Fat (39.9% calories from fat); 29g Protein; 58g Carbohydrate; 6g Dietary Fiber; 79mg Cholesterol; 391mg Sodium. Exchanges: 3 Grain(Starch); 2 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fat.*

1. In a large pot place the chicken pieces, add the onion and celery, then cover with about 2 cups of cold water. Bring to a simmer and cook for about 20-30 minutes. If you're using frozen chicken, add another 10 minutes to the cooking time.

2. Partially freeze the Italian sausage to make it easier to slice. Cut all the sausage into 1/8 inch slices, but no thicker than 1/4 inch.

3. Dice up the second onion and green pepper and set aside.

4. Once the chicken is cooked, strain the stock and set it aside for later use. Some fat will rise to the top - skim it off if you prefer. You should have about 1 cup of stock. When the chicken is cool enough to handle, remove all the meat and discard any fat, skin and bones. Break the meat into small bite-sized pieces.

5. In a large skillet or pan, heat the olive oil and add the sausage. Cook until the pieces are golden brown. Push all the sausage to one side of the pan and then add the onion and green pepper. Stir just the vegetable side (as best you can), trying to keep the two sections separate. Once the vegetables are cooked to your liking, mix in the sausage.

6. Add the canned tomatoes and the juice.

7. Preheat oven to 350.

8. To the pot add the chicken stock and the chicken pieces, then the beef broth. Bring it up to a low simmer. Keep track of exactly how much liquid you've added, as you need to have 1 1/2 cups of liquid (broth/water) for each cup of rice you add. How much rice is up to you.

9. Add the dried thyme and the saffron threads. Taste the broth in the pan to determine if you need to add salt or pepper. If you like hot pepper sauce, it can be added at this time. Traditionally jambalaya is not a spicy dish, so don't overdo it.

10. Now add the rice. Heat the pan until the liquid is just at a simmer, then cover the pan and put it in the oven. You can add peas if you'd like - they can be added now, or during the last 15 minutes of baking time.

11. Bake the jambalaya for about 30 minutes. Check on it once - remove lid and taste the rice to see if it's done. If the pan has too much liquid in it, return to the oven, but leave off the lid. If the rice is not quite done, but the liquid is all gone, add some hot water to the pan and continue baking. Normally, the rice falls to the bottom.