

Team Building Virtual Class October 27th, 7:30PM

NY Life, Contact: Mark Rude

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JAMBALAYA

Yield 2 servings

INGREDIENTS

- 3/4 tablespoons olive oil, divided
- 1 boneless skinless chicken breast, cut into bite-sized pieces
- 1/4 pound andouille sausage, thinly sliced into rounds
- 1/4 small bell pepper, cored and diced
- 1/2 rib celery, diced
- 1/4 jalapeño pepper, seeded and finely chopped
- 1/4 white onion, diced
- 1 clove garlic, peeled and minced
- 4 oz crushed tomatoes
- 1 cup chicken stock
- 1/2 cup uncooked long grain white rice
- 1/2 tablespoon Cajun seasoning or Creole seasoning
- 1/4 teaspoon dried thyme, crushed
- 1/8 teaspoon cayenne pepper
- 1 bay leaf
- 6 raw large shrimp, peeled and deveined
- 1/4 cup thinly-sliced okra
- Kosher salt and freshly-cracked black pepper
- Garnishes: chopped fresh parsley, thinly-sliced green onions, hot sauce



INSTRUCTIONS

1. Heat 1/4 tablespoon oil in a pan over medium-high heat.
2. Add the chicken and sausage and sauté for 5-7 minutes, stirring occasionally, until the chicken is cooked through and the sausage is lightly browned.
3. Transfer to a clean plate and set aside.
4. Add the remaining oil to the stock pot.
5. Add bell pepper, celery, jalapeño, onion and garlic.
6. Sauté for 6 minutes, stirring occasionally, until the onions are softened.
7. Add the crushed tomatoes, chicken stock, rice, Cajun seasoning, thyme, cayenne, bay leaf, and stir to combine.
8. Continue cooking until the mixture reaches a simmer. Then reduce heat to medium-low, cover and simmer for about 25-30 minutes, or until the rice is nearly cooked through, stirring every 5 minutes or so along the way so that the rice does not burn.
9. Add the shrimp, okra, and stir to combine.
10. Continue to simmer, stirring occasionally, until the shrimp are cooked through and pink.
11. Stir in the chicken and sausage, and remove and discard the bay leaf.
12. Taste season the jambalaya with salt, pepper, and additional Cajun seasoning if needed.
13. Remove from heat.
14. Serve warm with your desired garnishes.

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Equipment Needs:

- Stove
- Mixing bowl
- Silicone spatula or wooden spoon
- Cutting board/knife
- Measuring utensils and cup
- Large saute pan or dutch oven with lid or aluminum foil

Pre- Class Preparation:

- Measure all ingredients
- Chicken, sausage, and shrimp thawed and trimmed/cut up
- Vegetables cut/diced
- Pan and utensils ready
- Serving plates

Notes:

- Use the recipe as a shop list. You can increase the recipe to as many portions as you want.
- Chicken or shrimp can be used or omitted.
- You can add mussels, clams, or other seafood as desired.