

BC CHICKEN & ANDOUILLE SAUSAGE JAMBALAYA



Yields:

4 - 6 portions



INGREDIENTS

1	Whole BC Fryer Chicken cut into 8 pieces, skin removed	1
3 tbsp	Canola Oil	45 ml
1 lb	BC Andouille Sausage, cut into 1 cm thick pieces	500 g
1	BC Onion, diced	1
1	BC Green Bell Pepper, diced	1
2	BC Celery Stocks, diced	2
4	BC Garlic Cloves, minced	4
1 tbsp	Creole Seasoning	15 ml
2 tsp	Oregano Leaves, dried	10 ml
1 tsp	Thyme Leaves, dried	5 ml
2 cups	Rice, converted	500 ml
3 ½ cups	Chicken Stock	900 ml
29 oz	Fire Roasted Tomatoes, canned & diced	850 ml
1 bunch	BC Green Onions, sliced	1 bunch
1 bunch	BC Flat Leaf Parsley, minced	1 bunch

DIRECTIONS

1. Debone the whole BC Fryer Chicken. Reserve the chicken thighs and legs and set aside the breast pieces for future meals.
2. In a heavy-bottomed pot or Dutch oven, heat oil over high heat and add the chicken thighs and legs. Cook until brown; then reserve and place on a plate. In the same heavy-bottomed pot or Dutch oven, brown the BC Andouille Sausage, then remove and place on the same plate.

3. Add the BC Onion, BC Bell Pepper, BC Celery, BC Garlic, herbs, and spices to the heavy-bottomed pot or Dutch oven. Continue to sauté for 7 minutes until vegetables are tender.
4. Add the rice and sauté for 2 minutes more.
5. Pour in the chicken stock and fire roasted tomatoes. Stir to combine.
6. Return the chicken, sausage, and any juices to the pot and stir.
7. Bring the mixture to a boil, reduce heat, and cover. Simmer for 20 minutes, stirring as needed.
8. Remove from heat and let sit for 5 minutes. Then garnish with sliced BC Green Onion and BC Flat Leaf Parsley.

HOME-MADE CREOLE SEASONING



Yields:
95 ml (6 tbsp)

INGREDIENTS

1 tbsp	Garlic Powder	15 ml
1 tbsp	Onion Powder	15 ml
1 tbsp	Sweet Paprika	15 ml
1 tsp	Smoked Paprika	5 ml
1 tsp	Thyme Leaves, dried	5 ml
1 tbsp	Oregano Leaves, Dried	15 ml
1 tsp	Basil Leaves, dried	5 ml
1 tsp	Cayenne Pepper	5 ml
1 tsp	Salt	5 ml
1 tsp	Pepper	5 ml

DIRECTIONS

1. Combine all ingredients in a coffee grinder. Blend until a fine powder is achieved.