



How to Make a Roux

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Chicken Oyster Andouille Gumbo

Rev. Msgr. J. Anthony Luminais
Bridge City Gumbo Festival

MAKES 10 SERVINGS.

- 1 gallon oyster water
- 1 cup roux
- 1 cup chopped onions
- 1 cup chopped celery
- 1 cup chopped bell pepper
- 1 cup chopped parsley
- 5 pounds cut hen
- 2 pounds cut andouille sausage
- 1 gallon Louisiana oysters, with their water
- Salt and pepper, to taste
- Gumbo filé, to taste
- Cooked rice

Bring oyster water to a boil. Dissolve in cold roux and boil for approximately 1/2 hour. Add onions, celery, bell pepper and parsley. Boil an additional 1/2 hour. Add hen and andouille. Boil an additional 1/2 hour. Turn off heat, let cool, freeze, if desired. When ready to use, allow to thaw. Heat on low. At a low boil, add oysters with oyster water, and simmer for 15 minutes. Turn off heat. Let sit for 5 minutes, add salt and pepper and filé to taste. Serve over rice.

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1 Roux begins with equal parts oil and flour, by weight. Weigh your ingredients before starting, or your roux will not reach the proper consistency.



6 The second stage of roux is blonde roux. It will take about 12 minutes to achieve. Whisk constantly.



2 To a medium saucepan, warm the oil over medium heat. The oil is ready when a pinch of flour foams in the oil.



7 The third stage of roux is brown roux. This will take about 35 to 40 minutes to achieve. Whisk constantly.



3 Add all of the weighed flour to the hot oil all at once, whisking to combine.



8 The fourth stage of roux is chocolate roux. This will take about 45 minutes to one hour to achieve. Whisk constantly.



4 The flour and oil will bubble once the flour is added to the pan. Reduce the heat and continue to whisk constantly.



9 The roux is finished. To start a gumbo, add cold liquid to the hot roux. When you add the cold liquid to the roux, it will bubble and sometimes separate.



5 The first stage of roux is white roux. This color will take about 8 minutes to achieve. Whisk constantly.



10 Whisk until smooth. Cook for at least 30 minutes.

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