



IP Gumbo

Note: This Delicious Instant Pot Gumbo is a quintessential New Orleans dish that is hearty, satisfying, flavorful and perfect for a crowd. Made with chicken, sausage and shrimp, it's a comforting dish that tastes wonderful when served over Jasmine rice.

Prep: 25 mins **Cook:** 30 mins **Total:** 55 mins **Serves:** 10
Source: adapted from Paint the Kitchen Red Bob and Robin Young, Boise, ID

Ingredients:

1 lb 20-40 count Shrimp, peeled and deveined
1 t Cajun or Creole seasoning
½ c + 2 Tbsp Olive Oil
1 lb boneless skinless Chicken Thighs , cut into bite size pieces
½ lb Andouille Sausage, cut into 1/4 inch slices
½ c All-Purpose Flour
1 c Onions, diced
2 lg Poblano Peppers, large chop
1 c Celery, diced
3 lg Garlic Cloves, crushed
4 c Chicken Stock
14.5-oz can diced fire roasted Tomatoes
1 t White Pepper
1 t fresh ground Tellicherry Black Pepper
1 t fresh Thyme
1 t Celtic Sea Salt, or to taste
2 t Brown Sugar
3 t Worcestershire Sauce
2 t fresh Lemon Juice
4 med Bay Leaves
Pinch Red Pepper flakes
8 med Crimini Mushrooms, sliced
2 c frozen Okra
2 T Green Onions, sliced thinly
Chopped Italian Parsley to garnish

Directions:

Rub shrimp with 1 tsp of Cajun or Creole seasoning and set aside.

Press 'Saute' and when Instant Pot has heated, add 2 Tbsp olive oil to inner pot of Instant Pot.

Add andouille sausage and chicken, and cook until browned, about 8 to 10 minutes.

Press 'Cancel' and transfer chicken and sausage to a plate using a slotted spoon and set aside. To make the roux, press 'Sauté' and add remaining olive oil and all-purpose flour to inner pot. Cook oil and flour until the mixture resembles a dark peanut butter, stirring frequently, and being careful not to burn. This can take about 10 to 15 minutes.

Add onions, Poblano pepper, celery, and garlic. Stir until vegetables are slightly soft, about 5 minutes.

Stir in stock, tomatoes, white, black pepper, thyme, salt, brown sugar, Worcestershire sauce, lemon juice, bay leaves, red pepper flakes and frozen okra.

Stir in reserved chicken and sausage. Using a wooden spatula, scrape the bottom of the inner pot to make sure there are no burnt bits stuck to the bottom. If more liquid is needed, used a little sweet white wine.

Close Instant Pot and cook on 'Manual' or 'Pressure Cook' mode for 4 minutes. Do a quick release of pressure and open the Instant Pot. Immediately stir in the shrimp and mushrooms and close the Instant Pot for 10 minutes. The shrimp will cook in the residual heat.

Open the Instant Pot and sprinkle the gumbo with parsley and green onions. Stir and serve gumbo over Jasmine Rice or a rice of your choice.

Note: It will actually save you time to prep the onions, Poblano, celery, and garlic into 1 bowl.

Then prep the stock, tomatoes, white and black pepper, thyme, salt, brown sugar, Worcestershire sauce, lemon juice, red pepper flakes and bay leaves into a separate bowl.