



IP Louisiana Gumbo

Author: Bob and Robin Young

Categories: , Boise, ID, Captain's Shack, Main Dish - Instant Pot

Servings: 6

Description: Really good gumbo. Takes longer to prep than to cook. Adapted from staysnatched.com

Source: : March 2019. The wines listed for this recipe, Pinot Grigio, Reserva Rioja, Petit Verdot, Cotes du Rhone (Grenache/Cincault), Burgundy, Alvarinho, German Riesling, are a suggestion. We really liked the pairing with the Reserva Rioja.

Preparation Time: 15 minutes

Suggested Wine: Pinot Grigio, Reserva Rioja, Petit Verdot, Cotes du Rhone (Grenache/Cincault), Burgundy, Alvarinho, German Riesling

Start to Finish Time: 1 hour

Serving Ideas: Serve with the steamed rice on the side.

Ingredients - Rice

1 1/2 c Chicken Stock
1 c long grain enriched White Rice or Jasmine Rice

Ingredients - Gumbo

1 lg boneless skinless Chicken Breast
2 boneless skinless Chicken Thighs
1 lb raw, 15-20 count Shrimp, cleaned and deveined
2 Chicken Andouille sausage link sliced into pieces
1 c Poblano Pepper, medium chop
1 c chopped Celery
1 c medium chopped Red Onion
2 c frozen and sliced Okra
1 T minced Garlic
1 T Better Than Bouillon Chicken Base
14 1/2 ozs Chicken Stock
2 T Olive Oil
6 T unsalted Butter, divided
1 1/2 c Wine, Pinot Grigio, Reserva Rioja, Petit Verdot, Cotes du Rhone (Grenache/Cincault), Burgundy, Alvarinho, German - your choice
4 T All-Purpose Flour
8 ozs Fire Roasted Diced

Directions - Rice

- 1) Melt 2 T of butter in a sauce pan. Add rice and cook until the hulls are white.
- 2) Add 1 1/2 c Chicken Stock. Bring to a boil. Turn heat to low simmer and cover undisturbed for 12 minutes. Remove from heat and set aside.

Directions - Gumbo

- 1) Turn the Instant Pot on the Sauté function. Add 1 tbsp of the olive oil to the pot. Then add the chicken sausage. Cook for 2-3 minutes.
 - 2) Remove the chicken sausage from the pot. Add the butter and remaining Tablespoon of olive oil to the pot. While it melts add the flour in 3 phases. Add the first phase and whisk. Add the second phase, and so on.
 - 3) Continue to whisk until the roux turns peanut butter brown. It should turn brown within a few minutes of whisking. Press Keep Warm/Cancel on the Instant Pot so the roux does not burn.
 - 4) Add the Poblano peppers, celery, and onions. Stir and cook for 2-3 minutes until they are soft.
 - 5) Add all of the seasonings, garlic, and Worcestershire sauce to the pot. Next add the chicken stock, diced tomatoes, okra, and Better Than Bouillon. Stir. Add the wine.
 - 6) Place the chicken breasts in the pot and return the chicken sausage to the pot.
- Close the pot and seal. Cook on Manual High-Pressure Cooking for 15 minutes. When complete, allow the steam to release naturally for 10 minutes instead of quick release.
- 7) Remove the chicken from the pot and shred.
 - 8) Place the Instant Pot on the Sauté function. Add the raw shrimp and shredded chicken to the pot.
 - 9) Cook for a few minutes until the shrimp turns bright pink.

