



## *Spice It Up for Mardi Gras*

If you are inclined to bring a bit of the Big Easy into your kitchen this Mardi Gras season, then a one-pot dish of chicken and sausage gumbo would be the perfect choice. Many Cajun dishes, including gumbo, begin by making a **roux**, which is combining butter and flour and cooking until it reaches a desired brown color, ranging from a “blond roux” to a “black roux” and every variation in between.

This gumbo will fit the spicy bill and give you a chance to perfect your roux-making skills. It’s from **Ford’s Oyster House & Cajun Kitchen**, which is a healthy dose of the Big Easy in the Carolina Foothills. Housed in the former showroom of the first Ford dealership in Upstate South Carolina, the building is now known for spicy fare that gets your engine going. Although the restaurant serves this dish with a dollop of rice and a decadent side of crab legs, it’s plenty delicious on its own.

Get to cooking, and let the good times roll.

Celebrating Our 25th Anniversary  
**CHARLOTTE**  
**WINE & FOOD**  
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Charlotte Wine & Food Weekend is celebrating its 25th anniversary this April, and *The Local Palate* is joining in the fun, including cooking demos, vintner dinners and more!

For more info and tickets, click [here](#)

## FORD'S GUMBO

*From Chef Mike Valentine,  
Ford's Oyster House & Cajun Kitchen,  
Greenville, SC*

1 pound chicken boneless skinless breasts  
1 pound Andouille sausage  
4 tablespoons Butter  
½ cup Flour  
½ cup green peppers, diced  
½ cup celery, diced  
½ cup onion, diced  
2 Bay leaves  
3 cups chicken stock  
¼ teaspoon oregano  
¼ teaspoon dried thyme  
2 teaspoons Crystal hot sauce  
2 teaspoons Creole seasoning  
¼ teaspoon black pepper  
¼ teaspoon Cayenne pepper

Salt to taste



1. Preheat oven to 350 degrees Fahrenheit. Place chicken in a roasting pan and cook for 20 minutes. Let it stand for five minutes after taking it out of the oven, then cut into half inch pieces.
2. Cook Andouille sausage in the oven for 8 minutes at 350 degrees. Let it stand for 5 minutes before cutting into half inch slices.
3. Combine butter and flour place in large saucepot on medium heat and cook while stirring constantly until it becomes a light chocolate color. This is a roux.
4. Add green peppers, celery, onion, chicken, Andouille sausage, and bay leaves.
5. Add chicken stock to the saucepot with the vegetable mixture, stirring constantly so the roux fully incorporates with the stock.
6. Add cayenne pepper, black pepper, Creole seasoning, thyme, oregano, and hot sauce. Let the gumbo cook for 15 minutes. Add salt as needed.