



Chef John's Duck, Sausage, and Shrimp Gumbo

 Dairy Free

READY IN



385 min.

SERVINGS



8

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound andouille sausage sliced
- 1 bay leaf
- 0.3 teaspoon cayenne pepper to taste
- 1 cup celery chopped
- 6 cups chicken broth
- 0.5 teaspoon thyme leaves dried
- 2 duck legs

- 2 tablespoons flour all-purpose
- 4 green onions chopped
- 1 teaspoon ground pepper black
- 1 pound crawfish tail meat
- 1 cup pickled okra rinsed sliced
- 1 large onion chopped
- 1 cup pasilla peppers diced
- 1 pound gulf shrimp
- 1 ham hock smoked
- 1 cup tomatoes fresh diced
- 1 tablespoon vegetable oil as needed

Equipment

- bowl
- frying pan
- whisk
- dutch oven

Directions

- Heat vegetable oil in a skillet over medium heat. Cook duck legs in the hot oil, skin-side down, until duck legs are browned and skillet contains rendered duck fat, about 10 minutes on the skin side. Flip and cook 3 to 4 minutes on the meat side.
- Remove duck legs from skillet, leaving rendered duck fat in the skillet.
- Whisk 1 cup flour into the duck fat, adding enough vegetable oil to make the flour mixture a thick and smooth roux. Turn heat to medium-low and cook the roux, stirring constantly, until it turns a rich reddish-brown color, about 40 minutes.
- Whisk 2 more tablespoons flour into roux and cook for 2 minutes.
- Whisk chicken broth into roux, 1 cup at a time, until all broth has been incorporated.
- Remove roux mixture from heat.

- Brown andouille sausage in a large Dutch oven over medium heat, about 8 minutes; stir in onion, peppers, celery, and 4 green onions, cooking until onion is translucent, about 10 minutes. Stir thyme, bay leaf, black pepper, and cayenne pepper into sausage mixture, followed by diced tomatoes. Stir to combine.
- Place smoked ham hock into the center of the sausage and vegetables.
- Pour roux mixture over ham hock along with enough water to cover.
- Place duck legs into mixture. Bring to a simmer, turn heat to low, and cover with a lid set at an angle to let steam out. Simmer slowly, stirring occasionally until duck and ham hock meat are tender, about 4 hours. Skim as much fat as possible off the top as it simmers.
- Remove duck and ham hock to a bowl and let cool. Stir pickled okra into gumbo. Pick meat from duck legs and pork hock and return meat to the gumbo. Simmer gumbo for 45 more minutes.
- Turn heat to medium-high, bring gumbo to a boil, and stir in shrimp and crawfish tails. Cook until shrimp and crawfish tails are bright pink, about 3 minutes. Stir in 1 tablespoon green onion, taste and adjust seasoning, and serve.

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:2.02, Inflammation Score:-6, Nutrition Score:20.415651943373%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg

Nutrients (% of daily need)

Calories: 516.24kcal (25.81%), Fat: 29.24g (44.99%), Saturated Fat: 8.8g (55.01%), Carbohydrates: 8.34g (2.78%), Net Carbohydrates: 6.57g (2.39%), Sugar: 3.62g (4.02%), Cholesterol: 252.18mg (84.06%), Sodium: 1363.54mg (59.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.72g (107.44%), Vitamin B3: 12.8mg (64%), Selenium: 40.91µg (58.44%), Phosphorus: 361.19mg (36.12%), Vitamin B6: 0.66mg (32.89%), Vitamin C: 24.72mg (29.96%), Vitamin K: 27.73µg (26.41%), Potassium: 861.13mg (24.6%), Vitamin B1: 0.29mg (19.4%), Zinc: 2.82mg (18.82%), Copper: 0.36mg (18.21%), Vitamin B2: 0.3mg (17.9%), Manganese: 0.35mg (17.61%), Iron: 3.09mg (17.18%),

Magnesium: 62.01mg (15.5%), Vitamin B5: 1.37mg (13.7%), Vitamin B12: 0.7µg (11.74%), Vitamin A: 504.74IU (10.09%), Calcium: 90.26mg (9.03%), Folate: 30.67µg (7.67%), Vitamin E: 1.13mg (7.52%), Fiber: 1.77g (7.1%), Vitamin D: 0.85µg (5.67%)