



food
network

Chicken and Smoked Sausage Etouffee

READY IN



85 min.

SERVINGS



6

CALORIES



679 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pinch cayenne pepper
- ☐ 2 ribs celery roughly chopped
- ☐ 4 leg-thigh chicken pieces
- ☐ 0.8 cup flour all-purpose
- ☐ 1 cup flat-leaf parsley fresh chopped
- ☐ 4 cloves garlic
- ☐ 1 bell pepper green roughly chopped
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 4 cups chicken stock see low-sodium

- ☐ 6 servings olive oil extra-virgin
- ☐ 1 medium onion roughly chopped
- ☐ 2 tablespoons paprika
- ☐ 1 pound andouille sausage links
- ☐ 2 scallions diced
- ☐ 2 tablespoons butter unsalted

Equipment

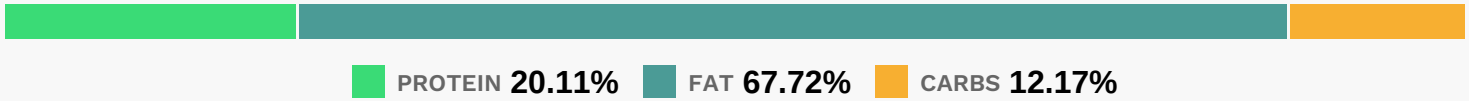
- ☐ food processor
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ wooden spoon
- ☐ dutch oven
- ☐ cutting board

Directions

- ☐ Set a Dutch oven over medium heat and add a 2-count of olive oil.
- ☐ Add the sausage links and brown slightly as you render some of the fat.
- ☐ Remove and set aside on a paper towel. Season chicken with plenty of salt and pepper and add skin side down to the pan. Cook over medium heat to render fat for 7 to 10 minutes, then turn to brown both sides of the chicken.
- ☐ Remove and set aside on a paper towels.
- ☐ With the pot still over medium heat add 2 tablespoons butter to melt with the fat then add flour and whisk to incorporate, and then swap to a wooden spoon. Cook until it is nice and brown (you want a nice deep rich colored roux), about 10 to 12 minutes.
- ☐ In a food processor add the onion, celery, bell pepper, and garlic, and pulse to roughly chop.
- ☐ Add the vegetable pulp to the pot with the roux and stir with a wooden spoon. Cook over medium heat for 5 to 7 minutes to sweat out some of the moisture.

- ☐
- Add the stock, paprika and cayenne. Return the chicken pieces to the pot and simmer until the chicken is tender, about 1 hour.
- ☐
- Remove the chicken pieces from pot to a cutting board and shred the meat. Discard the bones and return the meat to the pot.
- ☐
- Cut the andouille sausage into chunks and nestle back into the pot amongst chicken to heat through.
- ☐
- Give it all a final taste and season with salt and pepper, to taste.
- ☐
- Transfer to a serving platter and garnish with plenty of parsley and scallions.

Nutrition Facts



Properties

Glycemic Index:52.83, Glycemic Load:9.55, Inflammation Score:-9, Nutrition Score:27.26043520803%

Flavonoids

Apigenin: 21.94mg, Apigenin: 21.94mg, Apigenin: 21.94mg, Apigenin: 21.94mg Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 1.52mg, Myricetin: 1.52mg, Myricetin: 1.52mg, Myricetin: 1.52mg Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg

Nutrients (% of daily need)

Calories: 678.57kcal (33.93%), Fat: 51.53g (79.28%), Saturated Fat: 14.72g (92.03%), Carbohydrates: 20.84g (6.95%), Net Carbohydrates: 18.23g (6.63%), Sugar: 2.95g (3.27%), Cholesterol: 132.85mg (44.28%), Sodium: 737.81mg (32.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.42g (68.85%), Vitamin K: 189.77µg (180.73%), Vitamin B3: 13.51mg (67.55%), Vitamin A: 2428.33IU (48.57%), Selenium: 32.71µg (46.72%), Vitamin C: 33.66mg (40.8%), Phosphorus: 321.48mg (32.15%), Vitamin B6: 0.6mg (30.15%), Vitamin B1: 0.41mg (27.19%), Vitamin E: 3.94mg (26.28%), Vitamin B2: 0.41mg (24.34%), Zinc: 3.46mg (23.04%), Iron: 4.09mg (22.7%), Potassium: 782.96mg (22.37%), Vitamin B12: 1.14µg (19.08%), Folate: 63.38µg (15.84%), Vitamin B5: 1.51mg (15.12%), Manganese: 0.29mg (14.64%), Copper: 0.26mg (13.06%), Magnesium: 48.55mg (12.14%), Fiber: 2.6g (10.42%), Vitamin D: 1.28µg (8.55%), Calcium: 62.82mg (6.28%)