

DINNER

Melange Gumbo

14 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
290 min	70 min	220 min	15	\$1.83	495 kcal



Forget going out to eat or ordering takeout every time you crave Creole food.

Ingredients

- ☐ 1 pound andouille sausage, thinly sliced
- ☐ 3½ pound chicken
- ☐ 2 cups all-purpose flour
- ☐ 15 servings Kosher salt and freshly ground pepper
- ☐ 2 teaspoons red pepper flakes
- ☐ ¾ pound skinless, boneless chicken breasts, cut into pieces
- ☐ 2 cups vegetable oil
- ☐ ¼ cup Cajun seasoning
- ☐ 1¼ pounds fresh chicken sausage
- ☐ 2 large green bell peppers, chopped
- ☐ 1 large onion, chopped
- ☐ 1 bunch scallions, chopped
- ☐ 1¼ pounds smoked turkey thigh, skin and bones removed, cut into pieces

EQUIPMENT Frying pan, Whisk, Pot, Dutch oven

Method

- 1 Heat 2 cups vegetable oil in a large Dutch oven over medium-high heat until hot, about 5 minutes. Reduce the heat to medium, then whisk in the flour in 2 additions until the mixture is the consistency of cake batter. Continue cooking, whisking constantly, until the roux is dark brown, about 20 minutes.
- 2 Remove from the heat, then stir in half each of the onion and bell peppers. Set aside until ready to use.
- 3 Combine the whole chicken, 10 cups water, the red pepper flakes, 1 tablespoon salt and 1 teaspoon pepper in a large pot. Bring to a boil and cook 1 hour. Strain the broth, then return to the pot and set aside.
- 4 Remove the chicken skin and bones, then cut the meat into bite-size pieces.
- 5 Heat the remaining 2 tablespoons vegetable oil in a medium skillet over medium heat.
- 6 Add the chicken sausage and cook, turning, until cooked through, 6 to 8 minutes.
- 7 Let cool slightly, then slice.
- 8 Add 16 cups water to the pot with the broth and bring to a boil.
- 9 Add the roux; cook over medium-high heat, stirring, until it dissolves, about 5 minutes. Stir in the remaining onion and bell peppers. Return to a boil, then reduce the heat to medium, cover and cook, 1 hour.
- 10 Add the andouille sausage and raw chicken breasts, reduce the heat to medium low and cook, covered, 30 more minutes.
- 11 Add the smoked turkey, sliced chicken sausage, cooked chicken pieces and scallions and simmer, covered, 30 minutes. Skim the fat off the surface, then stir in the Cajun seasoning.
- 12 Serve over rice.
- 13 Photograph by Yunhee Kim

Nutrition per serving

495

KCAL

35 g

PROTEIN

31 g

FAT

18 g

CARBS

Saturated Fat	8.1 g · 51% of daily needs
Fibre	1.8 g · 7% of daily needs
Sugar	2 g · 2% of daily needs
Sodium	1,061 mg · 46% of daily needs
Cholesterol	129 mg · 43% of daily needs
Vitamin C	20.3 mg · 25% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/melange-gumbo-142476