



AMERICAN COOKERY: Louisiana Jambalaya

THE CAJUN "MISH-MASH"

The cajun culture is one of the most unique in the world, having developed from French roots in Southern Louisiana. It has brought with it a number of beloved dishes like this Jambalaya, which literally means "mish-mash" or "mix-up," referring to the mix of ingredients. With chicken, shrimp, and the famous Louisiana spicy andouille sausage, this rice dish is kicked off by sauteing all of the ingredients in extra virgin olive oil from Spain, which helps to round up all the flavors.

INGREDIENTS

- 3 tablespoons of extra virgin olive oil from Spain
- 2 tablespoons of cajun seasoning
- 10 ounces andouille sausage, sliced into rounds
- 1 pound boneless skinless chicken breasts or thighs, cut into 1 inch pieces
- 1 onion diced
- 1 small green bell pepper, seeded and diced
- 1 small red bell pepper, seeded and diced
- 2 stalks/ribs celery, chopped
- 4 cloves garlic, minced
- 14 ounces can crushed tomatoes
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 teaspoon each dried thyme and dried oregano
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon hot pepper sauce
- 2 teaspoons Worcestershire sauce
- 1 cup thinly sliced okra
- 1 1/2 cups uncooked white rice
- 3 cups low sodium chicken broth
- 1 pound raw shrimp/prawns tails on or off, peeled and deveined

STEP BY STEP

Heat 1 tablespoon of EVOO from Spain in a large pot or Dutch oven over medium heat. Season the sausage and chicken pieces with half of the Cajun seasoning.

- 1.** Heat up the extra virgin olive oil from Spain in a large pot and brown the sausage. Add another tablespoon of EVOO from Spain and sauté the chicken until it's lightly browned.
- 2.** Sauté the onion, bell pepper and celery until the onion is soft and transparent. Add the garlic and cook until fragrant.
- 3.** Stir in the tomatoes then season with salt, pepper, thyme, oregano, red pepper flakes (or Cayenne powder), hot pepper sauce, Worcestershire sauce, and the remaining Cajun seasoning. Stir in the okra slices, chicken and sausage. Cook for 5 minutes, while stirring occasionally.
- 4.** Add in the rice and chicken broth, bring to a boil, then reduce heat to low-medium. Cover and let simmer for about 20 to 25 minutes, or until the liquid is absorbed and the rice is cooked, while stirring occasionally.
- 5.** Place the shrimp on top of the Jambalaya mixture, then stir through gently and cover with lid. Allow to simmer while stirring occasionally, until the shrimp are cooked through and pink.
- 6.** Season with a little extra salt and pepper if needed and remove from heat. Adjust heat with extra hot sauce, Cayenne pepper or Cajun seasoning. Serve immediately with sliced green onions and parsley.



OLIVE OILS FROM
SPAIN 

WORLD LEADERS