

Easy to Make Jambalaya



TIP: Dana F from Toronto, Canada asked recently if I had a good jambalaya recipe. I told him I didn't but would look for one, modify it, and then put it in pictures to make it as easy as possible to make. I got the base recipe online from Emeril Lagasse through the Food Network website and then modified some of the ingredients and cooking technique as you see here.

Preparation Time: 15-20 minutes

Cooking Time: about 45 minutes

Ingredients
(for 4)

- 1/2 Pound Peeled Shrimp
- 2 Chicken Tenderloins
- 1 Sweet Italian Chicken Sausage (traditional recipe calls for Andouille sausage)
- 1-2 Tablespoons Bayou Cajun Seasoning (depending on desired spice flavor - I used 2 tablespoons)
- Olive Oil
- 1/4 (red or any) Onion
- 1/2 - 1 Bell Pepper (I prefer red or yellow peppers because they're sweeter)
- 1/2 Celery Stalk
- 4-5 Garlic Cloves
- 1 Medium Sized Tomato
- 3 Bay Leaves
- 1 Tablespoon Worcestershire Sauce
- 1 Teaspoon Hot Sauce
- 1 Cup Rice (I'm using brown rice for flavor and texture)
- 3 Cups Chicken Stock (I used 3 cups water and chicken base - shown left of olive oil)
- Balsamic Vinegar (optional, but adds great sweet & sour flavor)



Equipment

- Medium Sized Pot with Top
- Cutting Board
- Tongs
- Spatula
- Large Sharp (Chef's) Knife
- Tablespoon
- Teaspoon
- Medium Sized Working Bowl
- Plastic Bag
- Measuring Cup



1. Rinse and shake dry the **bell pepper**, **celery** and **tomato** in the sink.



2. Add **1-2 tablespoons Bayou Cajun Seasoning** (I used 2 tablespoons) to a plastic bag, and...



...add the **shrimp** and **chicken tenderloins**. Then...



...twist the bag closed and shake it until what you have inside the bag looks about as shown...



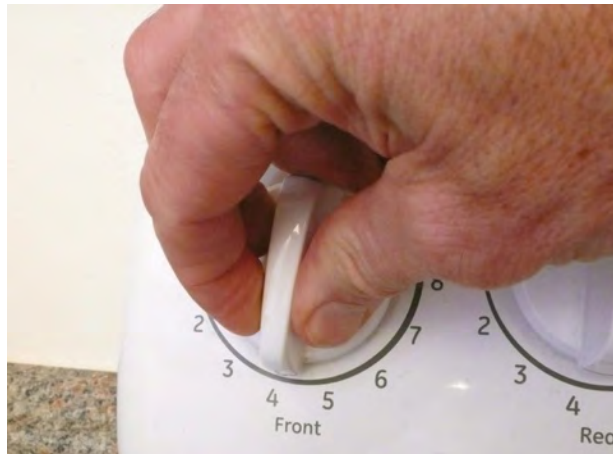
...here (left picture = ingredients mixed with 1 tablespoon Bayou Cajun Seasoning; picture right = ingredients mixed with 2 tablespoons seasoning)



3. Put the pot on the stove, and...



...turn on the burner heat to MEDIUM...



4. While the pan warms, chop the **onion, bell pepper, tomato, celery and garlic** about as shown:

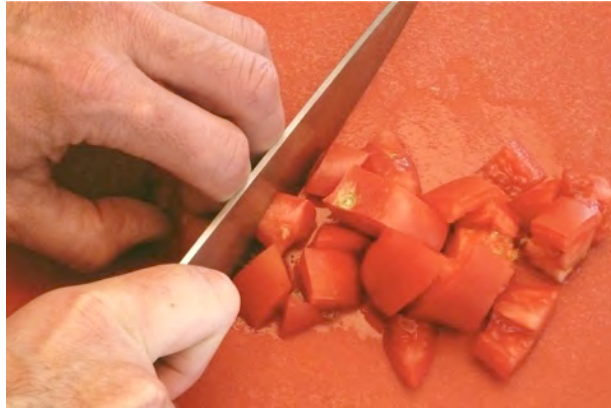
1/4 Onion



1/2 - 1 Bell Pepper (I used the whole bell pepper as shown)



Tomato



1/2 Celery Stalk cut first into strips and then in cross section



...4-5 Garlic Cloves chopped like this.



5. Check the pot for proper cooking temperature by running tap water on your fingers (left) and flicking the water into the pot (right).



The pot is warmed to the proper cooking temperature if the water sizzles when it hits the pot surface and quickly evaporates. (**NOTE:** If the water sizzles and evaporates in a puff as soon as it hits the pot, move the pot to a cool burner for a few minutes. Turn down the heat setting a few notches on the burner you originally used, and heat the pot again. If the water doesn't sizzle, keep heating the pot until it does.)

6. Add about as much **olive oil** to the hot pot as shown here.



Add the **chicken tenderloins**,...



...squeeze the **sausage** out of the casing and...



...break up the **sausage** with a spatula as shown here.



7. Cover with the pot top...



...and cook until the **chicken** (left) and **sausage** (right) look about like this.



8. Add the **freshly cut ingredients**,...



...**3 bay leaves**,...



...1 tablespoon Worcestershire sauce, and...



...1 teaspoon hot sauce.



9. Measure and add **1 cup rice** to the pot and top with...



...**3 cups chicken broth** (or, as shown, **3 cups water** and **1 tablespoon chicken base**). Then...



...cover with the top and...



...set a timer for the **rice** cooking time as directed on the **rice** package (my rice takes 35 minutes to cook).



10. While the **rice** cooks, chop the **chicken** into bite sized pieces as shown here.



11. When the cooking timer sounds, stir in the **shrimp**,...



...cover pot again, and cook for at least 5 minutes until...



...the **shrimp** are completely opaque as shown here.



12. When the **shrimp** is safely cooked, add the **cooked chopped chicken** and **sausage**,...



...an optional **shot of balsamic vinegar**,...



...stir for a minute or two,...



...remove the **bay leaves**, and...



...serve warm.



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