

Chicken Etouffee

6 to 8 boneless chicken thighs diced 1/2"
1 onion diced
2 bell peppers diced
2 celery stalks diced
4 cloved garlic minced
tabasco
thyme
bay leave
flour
butter or canola oil
Chicken stock
worchester sauce



Add a tablespoon of butter or oil to a 4 quart pan and add the onions, peppers, celery, and garlic. Let it cook until soft and allow some carmelization to occur. Remove the veggies from the pan and add the chicken and brown it. Remove the chicken from the pan and set aside.

Add three tablespoons of flour to the pan and 3 tablespoons of butter or oil. Make a roux and allow it to cook until it is nice and toasty brown...do this on medium low heat and take your time with it.

Once it's brown add the chicken stock and whisk until the lumps are all gone and you've got the consistency you want. Add the chicken and the veggies back to the pan and add 1 or 2 bay leaves (I only have dry), a dash of thyme, tabasco to taste and salt and pepper to taste.

Let this simmer for 20 -30 minutes. Add a dash or two of worchester sauce right before serving. Serve over steamed rice.