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Are you going to the environmental fair at
the Glen Abbey Community Centre,
1415 Third Line, Oakville at Upper Middle Rd?

Saturday, April 5th

10 am to 5 pm, (905) 849-5501

oakvillepeacecentre.org/haltonecofest

What's Cookin': Variations of beloved jambalaya

Last of the Southern themed recipes today— hope you've been enjoying them! We certainly enjoyed testing the recipes. Jambalaya originated in the Caribbean and is, of course, one of the most famous Southern dishes. It is a close relative to the Spanish version— paella.

There are actually two dis-

Lori Gysel & Gerry Kentner



tinct versions of jambalaya, one is the Creole version which contains seafood and tomatoes, as

this recipe does. However, the Cajun jambalaya does not contain either of these ingredients. The method of preparation differs a bit between the two versions as well, the Cajun version yielding a browner sauce since the meat is seared at the beginning of the recipe and the browned bits on the bottom of

the pan form the sauce. Today's version is kind of a mix of the two.

Jambalaya does not have to be spicy. If you'd prefer a mild version, then switch out the chorizo sausage for mild Italian and eliminate the cayenne pepper.

Have fun and keep cooking!

Jambalaya Ingredients

- 2 medium onion, diced
- 2 celery stalks, diced
- 1 red bell pepper, diced
- 5 cloves garlic, minced
- 2 tsps vegetable oil
- 8 boneless, skinless chicken thighs, cut in 2 or 3 pieces each
- 5 fresh chorizo sausages, cut into 1/4-inch pieces
- 1 and a half cups long grain white rice
- 1/2 tsp salt
- 1/2 tsp minced fresh thyme leaves
- 1/4 tsp cayenne pepper
- 1 (28oz) can diced tomatoes, drained, juice reserved
- 1 cup clam juice (bottled)
- 1 1/2 cups low-sodium chicken broth
- 2 bay leaves
- 1 pound medium shrimp, shelled
- 2 tbsp minced fresh parsley leaves

Method

1. Heat oil in large heavy-bottomed Dutch oven over medium-high heat until shimmering but not smoking.

2. Add chicken, sear on both sides until golden brown (does not have to be cooked through).

Remove chicken and set aside.

3. Add sausage to same pan, cook, stirring frequently, until



browned.

4. Using slotted spoon, transfer sausage to paper towel-lined plate and set aside.

5. Reduce heat to medium-low, add vegetables, and cook, stirring occasionally and scraping bottom of pot with wooden spoon, until vegetables have softened.

6. Add rice, salt, thyme, and cayenne; cook, stirring frequently, until rice is coated with fat.

7. Add tomatoes, one half cup of reserved tomato juice, clam juice, chicken broth, bay leaves, and browned sausage and chicken to pot; stir to combine.

8. Bring to boil, reduce heat to low, cover, and simmer for 15 minutes.

9. Stir once, then cook for about 10 minutes more (covered). Check to see if more liquid is needed - if so, add more of the reserved tomato juice or more stock.

10. Scatter shrimp over rice, cover, and continue to cook until rice is fully tender and shrimp are opaque and cooked through.

11. When shrimp are cooked, discard bay leaves and serve.

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