

# CHICKEN AND SAUSAGE GUMBO OVER RICE

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/8 cup red/orange vegetable, 3/8 cup other vegetable

**NUMBER OF PORTIONS:** 50 **SIZE OF PORTION:** 6 ounces of gumbo & ½ cup of rice

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES  
(RED/ORANGE) : VEGETABLES (OTHER)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Rice, Long Grain,Brown, Parboiled, #2139	3 pounds
Water, Hot, Municipal	2 quarts + 2 cups
Salt, Table, #2723	2 teaspoons
Flour, All Purpose, Enriched, #2011	3 1/2 cups
Oil, Vegetable, #2507	3/4 cup
Onions, Frozen, Diced, #1610	3 1/2 cups
Celery, Fresh, Diced, #4005	3 1/2 cups
Peppers, Green, Diced, Frozen, #1613	3 1/2 cups
Okra, Cut, #1609	1 pound + 4 ounces
Garlic Powder, #2709	1/4 cup
Thyme, Dried, #2732	2 tablespoons
Spice Blend MS, Creole, No Salt, #2736	1/4 cup
Salt, Table, #2723	2 teaspoons
Broth, Chicken, Low Sodium, #2510	3 quarts + 2 1/2 cups
Chicken, Diced, Cooked, IQF, #1019	4 pounds + 12 ounces
Sausage, Sliced, Pork and Beef, #1062	2 pounds
Sauce, Worcestershire, Bulk, #2258	1/3 cup + 2 teaspoons
Tomatoes, Diced, #10 Can, #2828	1 #10 can

**DIRECTIONS**

1. Thaw the onion, green pepper, okra, chicken and sausage (if necessary) overnight in the refrigerator. On the day of production, drain the thawed vegetables thoroughly.
2. TO MAKE ROUX:
  - Oven Method - Brown the flour in the oven on a sheet pan (ungreased) at 400 degrees F for 1 hour or until flour is a peanut butter color. Check color every 15 minutes. Stir occasionally and watch closely because it browns quickly. Browned roux can be made ahead and frozen for later use. (See variation for making a roux in the Notes section.)

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## DIRECTIONS

### 3. TO MAKE RICE:

- Place the brown rice in a steamtable pan. Add the hot water to each pan.
- Add salt to each pan and mix until well combined.
- Steam for approximately 45 minutes or until tender and fluffy. Check at 30 minutes of cooking time for water absorption. If needed, add more water.
- Cover, and place in warmer until ready to serve.

CCP: Heat to 135 degrees F or higher for at least 15 seconds at the completion of the cooking process. If the manufacturer instructions on package or case have a higher temperature, follow those recommendations.

CCP: Cover and hold for service at 135 degrees F or higher.

4. Heat the oil in a tilting skillet, steam-jacketed kettle, or stockpot over medium heat.
5. Add the onion, celery, green pepper, okra, and garlic powder to the oil. Sauté the vegetables for 5 minutes, or until vegetables are tender.
6. Sprinkle the browned flour from step 1, thyme, Creole Spice Blend, and salt over the sautéed vegetable mixture. Stir the mixture constantly. Cook it for one minute, or until the mixture thickens.
7. Add the chicken broth slowly to the sautéed vegetable mixture.
8. Add the next 4 ingredients (diced chicken through tomatoes). Bring the mixture to a boil.

CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process. If the manufacturer instructions on the package or case have a higher temperature, follow those recommendations.

9. Reduce the heat. Then cover the gumbo, and simmer it 15 minutes, or until thickened.
10. Pour the chicken and sausage gumbo in half-size steamtable pan (12" x 10" x 4"). For 50 servings, use 2 steamtable pans.

CCP: Hold and maintain the product at a minimum temperature of 135 degrees F or higher.

11. Portion the rice with 4 ounce spoodle or #8 scoop (½ cup). Serve the gumbo with a 6 ounce ladle (¾ cup) over rice. Each portion of gumbo and rice provides 2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/8 cup red/orange vegetable, and 3/8 cup other vegetable.

CCP: Hold and maintain the product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F or lower within an additional 4 hours.

## PRODUCTION NOTES

### Variation for Making Roux:

Braising Pan/Tilting Skillet Method- Brown the flour in a tilting skillet, steam-jacketed kettle, or stock pot over medium to high heat. Stir constantly with a wire whisk. Lower temperature setting if flour begins to brown too quickly. Cook for about 10 minutes or until flour is peanut butter in color. Continue with Step 4 for making gumbo.

Use USDA Foods products when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meals" provides seasoning and serving ideas for soups.

If raw poultry is used in place of diced, cooked chicken, thaw poultry under refrigeration (41 degrees F) and fully cook before adding to recipe. Use the USDA FNS Food Buying Guide for School Meal Programs to calculate amount of raw chicken to use.

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NUTRIENTS PER SERVING

Calories	313	Dietary Fiber	2.50 g	Sodium	674.00 mg	Sat. Fat	2.60 g
Carbohydrates	35.15 g	Protein	20.10 g	Total Fat	10.20 g	Trans Fat	0.00 g

# CHICKEN AND SAUSAGE GUMBO OVER RICE

## ILLUSTRATED STEPS FOR PREPARATION OF CHICKEN AND SAUSAGE GUMBO OVER RICE

1.



Flour that has been cooked to a "peanut butter" color on a sheet pan in the oven.

2.



Adding tomatoes to gumbo

3.



Chicken and Sausage Gumbo over Rice in a tilt skillet

4.



1 serving of Chicken and Sausage Gumbo over Rice