



# Michael Siegel, President and Director of Office Leasing, shares his Chicken & Sausage File Gumbo



*"This is a great, but simple, chicken and sausage gumbo. One of the keys to make it a truly exceptional dish is to use a rich, homemade chicken broth instead of water for the liquid."*



## CHATTING WITH MIKE

### What is most rewarding about your job?

First of all, it's fun to do things that you are good at. I truly like going to work every day. At Corporate Realty, we have the best clients in the region. There's a lot of satisfaction when we do a good job for these clients. They not only rely on us, but they also enjoy working with the Corporate Realty team. There is mutual respect across the board—everyone works together as a team. We all put clients' needs first.

### What made you want to share this recipe with Corporate Realty clients?

I love this chicken and sausage gumbo. I make it all the time. It's a family favorite, plus it's great for a larger group.



**CORPORATE REALTY**

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## Home-cooked Talent



# Chicken & Sausage File Gumbo Serves 10-12

## INGREDIENTS

## Chicken Stock

- 1 whole chicken
- 6 chicken thighs
- 3 large onions
- 4-6 large carrots
- 4-6 green onions
- 6 toes garlic
- bunch of parsley
- salt, black pepper, white pepper and cayenne to taste

## Roux & Gumbo Base

- ⅓ c. vegetable oil
- ½ c. flour
- 1 ½ lb. Polish kielbasa
- ½ lb. lean baked ham
- 8-12 chicken thighs and/or breasts
- ½ c. green pepper, chopped
- ½ c. green shallot (scallion) tops, thinly sliced
- 2 tbsp. parsley, chopped
- 1 tbsp. garlic, chopped
- 2 c. yellow onion, chopped
- 2 qt. homemade chicken stock
- 3 tsp. salt
- 1 tsp. ground black pepper
- ⅔ ⅔ tsp cayenne pepper
- 1 1 tsp. white pepper
- 3 3 whole bay leaves (optional)
- 2 ½-3 tbsp. filé powder

## STEP 1

To prepare the chicken stock, peel and chop white onions, carrots, and green onions. Put all chicken stock ingredients in a large pot of water and bring to a boil. Simmer for 3-4 hours, or longer. Let cool with all ingredients still in the water. Strain through a large colander, discard the solid ingredients and retain the chicken broth. Cover the chicken broth and put in the refrigerator overnight. The next day, scrape the congealed chicken fat of the top (save for making matzo balls), and you will have a rich, delicious chicken broth for your gumbo (this can be made ahead and frozen).

## STEP 2

In a heavy 7- to 8-quart pot, heat vegetable oil over high heat. Generously add salt, black pepper, and white pepper to each of the chicken pieces. Brown the seasoned chicken parts in the hot oil, turning them several times to ensure even browning. Remove to a platter and retain for use after the roux is made.

### STEP 3

Make the roux by gradually adding the flour to the oil, stirring constantly. Reduce the heat and cook, always stirring, until a medium brown roux (the color of hazelnuts) is formed. When the roux reaches the right color, immediately add the sausage (cut into 1-inch cubes), ham (cut into ½-inch cubes), onion, green pepper, shallot tops, parsley, and garlic. Continue cooking over low heat for more 10 minutes, still stirring, then add ¼ cup of the chicken broth, the reserved chicken pieces, and all the seasonings except the file powder. Mix thoroughly. Gradually stir in the rest of the broth. Raise the heat and bring to a boil, then lower the heat and simmer the gumbo for 50 minutes to 1 hour, or until the chicken parts are tender. Stir frequently, taking care not to break the pieces of chicken. Remove the pot from the heat and let the simmer die down, then add the file powder and stir. If possible, refrigerate overnight and then skim the fat off the top of the gumbo. Reheat slowly, then serve in gumbo bowls or deep soup bowls over white rice or homemade potato salad.