



CHEF JOE BROWN, MELANGE CAFE

www.melangerestaurants.com

TURKEY GUMBO

Ingredients:

- 2 Tbsp extra virgin olive oil
- diced smoked turkey picked of the bone
- 1 smoked andouille sausage
- 3 celery ribs chopped
- 1 green pepper
- 1 large Spanish onion
- 1 cup okra (fresh or frozen) cut in 1/2" pieces
- 1 can crushed plum tomatoes
- 1 teaspoon minced garlic
- pinch of cajun spice
- pinch of dried thyme
- 1/2 gallon chicken stock
- 2 oz corn starch
- 3 oz water

Directions:

Heat olive oil, add diced smoked turkey picked of the bone, andouille sausage cut into pieces, celery ribs, green pepper, onion and okra. Mix all ingredients and let them cook down a little.

Add plum tomatoes, garlic, Cajun spice, dried thyme. Render that down. Add chicken stock and let it simmer. Add a pinch of black pepper and let it come to a boil.

Add slurry to the pan:

2 ounces corn starch mixed with 3 ounces of cold water. Let it simmer and start thickening.

Season with salt and pepper to taste.

Serves 2

Nutrition Facts

Serving Size 1126 g

Amount Per Serving

Calories 203

Calories from Fat 143

	% Daily Value*
Total Fat 15.9g	25%
Saturated Fat 2.5g	12%
Cholesterol 0mg	0%
Sodium 3063mg	128%
Total Carbohydrates 13.2g	4%
Dietary Fiber 2.3g	9%
Sugars 7.5g	
Protein 4.2g	

Vitamin A 4%

Calcium 9%

Vitamin C 90%

Iron 4%

* Based on a 2000 calorie diet

For more information please visit:

WHYY.org/widerhorizons/chefsguide.html