

## **Television 101**

### **Chicken and Sausage Jambalaya**

#### **Ingredients**

1 chicken (about 2-3 lbs.) cut up  
1 tsp. salt  
1 tsp. cayenne pepper (of course you can always use more ☺)  
4 large cloves of garlic, peeled, 2 whole and 2 minced  
4-5 tbsp. vegetable oil (do not use olive oil)  
1 cup finely chopped onion  
½ cup of finely chopped green bell pepper  
2 bay leaves  
2 cups of long grain white rice (uncooked)  
1 lb. Cajun andouille sausage (Polska Kielbasa or other types of smoked sausage can be substituted)  
3 cups hot chicken stock or water  
¼ cup finely chopped scallions  
¼ cup finely chopped fresh parsley

#### **Preparation**

Season chicken with salt and ½ tsp. of cayenne. Smash whole garlic cloves with the flat side of a knife. Rub smashed garlic all over chicken pieces, and discard garlic. Brown chicken in vegetable oil in a large heavy pot over medium heat. Cook in batches to insure even browning, adding more oil if needed. Remove chicken from pot as they brown and set aside.

Pour off most of the remaining oil leaving approx. 1 ½ tablespoon of oil in the pot. Add onion, green pepper, bay leaves, and the remaining ½ tsp. cayenne pepper. Cook over medium heat, stirring often, until onions are lightly browned (be careful not to burn). Stir in minced garlic. Add rice and sausage and cook stirring frequently until the rice is coated and lightly toasted (approx. 10 minutes). Add stock (be careful of splashing stock), and chicken pieces, and bring to a boil. Lower heat, cover and simmer until chicken stock is absorbed (30 minutes).

Remove lid and add parsley and green onions to the rice, and fluff with a fork. Serve and enjoy. ☺

Serves 6-8