

Shawnee Trails Gumbo



Servings: 6-8 | Challenge Level: Difficult

“Scouts and new leaders almost always recoil at the first site of the corn bread batter being poured over the gumbo. ‘Gross!’ is a typical response. So when preparing the recipe for the uninitiated, I like to tease them a bit. I pretend that I have no idea what I am doing, and after I pour the corn bread on top of the gumbo, I look upon it with feigned horror and say, ‘Oh no! It’s not supposed to look like that!’ While they are busy grumbling about how I ruined dinner, I put the lid on the oven and let the batter work its magic. Our scouts always insist that a ‘secret ingredient’ must be added. I try to keep spare spices around that will complement what we will be eating so they won’t add ants or beetles.”

Gumbo:

3 skinless boneless chicken breasts, chopped

1 pound smoked sausage, sliced

½ cup vegetable oil

½ cup all-purpose flour

1 medium onion, chopped

2 stalks celery, chopped

¼ cup bell pepper, chopped

2 cloves garlic, minced

2½ cups water

3 cubes chicken bouillon

1 tablespoon apple cider vinegar

Salt and crushed red pepper to taste

Preparation at Camp:

1. Place 25 coals under Dutch oven and brown chicken and sausage until chicken is cooked through. Remove meat and set aside.
2. Place oil and flour in Dutch oven. Over low heat, stir constantly until oil-flour mixture (the roux) turns chocolate brown. Be patient; this may take 20-30 minutes.
3. Remove from heat. Stand back and quickly dump the chopped vegetables into the roux. Return to heat and sauté for about 3 minutes.
4. Add water, bouillon cubes, vinegar, optional spices, and cooked meat to the oven. Stir and simmer while you prepare corn bread mixture.