

Okra, Shrimp and Pheasant Andouille Gumbo

Ingredients

1/3 cup light vegetable or olive oil

2# cut okra

2 cup chopped onions

1 cup celery

1 cup bell pepper

2 cup chopped tomatoes

1 # Birdman's pre-cooked pheasant Andouille sausage

5 # peeled head on shrimp (make a stock with the shells)

1/2 cup chopped green onions

2 tbsp minced garlic

10 cup seafood or shrimp stock

Salt, white pepper, leaf thyme, cayenne pepper, black pepper



Sauté half the okra in hot oil, season with white, red, and black pepper and cook until browned. Stir in the onions, celery, bell pepper, and garlic. Cook about five minutes. Add 1 cup of the stock and simmer another five minutes. Stir in the tomatoes and two more cups of stock. Simmer, add the remaining okra, leaf thyme, season with red, white and red pepper, and then the last of the stock. Bring to a boil, reduce and add sausage. Simmer 45 minutes, add shrimp and green onions. Skim the surface for excess oil, serve over rice. Serves about eight.

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Slow Cooker Pheasant Jambalaya

By Chef Vikki

1/2 - 1 pound Birdman's pre-cooked Andouille pheasant sausage, diced
1 pound boneless skinless chicken breasts, cut into 1-inch cubes
1 (28-ounce) can diced tomatoes
1 medium onion, chopped
1 green bell pepper, seeded and chopped
1 stalk celery, chopped
1 cup reduced-sodium chicken broth
2 teaspoons dried oregano
2 teaspoons Cajun or Creole seasoning
1 teaspoon hot sauce
2 bay leaves
1/2 teaspoon dried thyme
1 pound frozen peeled and cooked shrimp, thawed
2 cups cooked rice



In a slow cooker, combine pheasant sausage, chicken, tomatoes, onion, green pepper, celery, and chicken broth. Stir in oregano, Cajun seasoning, hot sauce, bay leaves, and thyme. Cover, and cook on LOW for 7 hours or on HIGH for 3 hours. Stir in the thawed shrimp, cover and cook until the shrimp is heated through, about 5 minutes. Discard bay leaves and spoon mixture over cooked rice.

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