

Jambalaya

- 1 ea Onion (diced)
- ½ c Diced Pepper
- 4 ea Green Onions (diced)
- ¼ c Diced Celery
- 2 ea Garlic Cloves (chopped)
- 1 ea Bay Leaf
- ½ c Olive Oil
- 2 c Tomato Sauce
- 1 ea Chicken Breast
- ½ c Diced Ham
- 1 ea Andouille Sausage
- ½ lb Rice



1. Make rice according to directions on the package.
2. Sauté the first 6 ingredients in the oil until caramelized.
3. Add in the chicken and sausage and sauté until done.
4. Add in the tomato sauce and ham and simmer for about 15 minutes.
5. Mix with cooked rice and place in a preheated oven (350°f).
6. Bake for about 5 minutes.

When In New Orleans most People think of Cajun with lots of spicy rich foods. But, the history of the food is an interesting one. Jambalaya comes from Paella, which comes from Spain. Of course there weren't the exact ingredients to make everything the same so much improvisation came into play. Because Louisiana is on the Gulf coast and at the end of the Mississippi river, seafood is bountiful with large amounts of shrimp, crawfish and other crustaceans along with fresh water and salt-water fish. Chef Folse (one of my favorite chefs of the area) calls the waters/land around New Orleans "the swamp floor pantry", which I think explains it all.

And like paella, the ingredients are, as far as the meat, are interchangeable. What I mean by that is you could replace any of them with seafood or other types of sausage, pork, etc... One of the common meats used in Jambalaya is tasso, which is a smoked pork or beef of poor quality that is heavily seasoned and spicy. When it is smoked, it becomes very hard almost like a jerky. I had a hard time finding it so I substituted a good quality ham.

Be creative, have fun and enjoy!!!