

JAMBALAYA RICE



Ingredients

4 Cups	Chicken Stock (water)
2 Cups	Chicken meat (skinless white or dark)
2 Cups	Rice (un-cooked)
2 Cups	Peeled Shrimp
2 Cups	Sausage
2 Cups	Yellow or White Onion
1 ½ Cups	Green Bell Pepper (capsicum)
1 Cup	Celery
1 Cup	Green Onion
6 Cloves	Garlic
¼ Cup	Olive Oil (corn or vegetable can be used)
5 Tbsp.	Cajun Blend Seasoning
1 Tbsp.	Parsley Flakes

For non-Halal option, chicken can be replaced by pork belly without skin.

Directions

Preparing the vegetables for the Jambalaya:

- Chop the yellow onions, capsicum and celery - combine in a bowl. Also chop the garlic and green onions and keep in separate bowl as will be added separately.

Preparing the meat and seafood for the Jambalaya:

- Chop the chicken, sausage and shrimp in bite size pieces and keep each item in separate bowl, as they will be added at different times. Use 1 Tbsp. of Cajun Blend to season the chicken and shrimp.

Browning Sausage:

- Now that your vegetables and meat are prepared, it is time to brown the sausage, which will give the jambalaya its brown color.
- Pre-heat a pot with a thick bottom on high heat – add the oil to the pot and wait for the oil to slightly smoke.
- Add the sausage to hot oil and continue to stir and brown the sausage. It is important to cook the sausage on high heat so the sausage will brown in the pot – the browning of the sausage will give the jambalaya a nice brown color.

Cooking the Jambalaya:

- After the sausage is browned, add the yellow onions, capsicum and celery. Let the vegetables cook in the mixture on high heat for 10 minutes and make sure to stir the bottom of the pot to get any brown pieces of sausage that may have stuck to the pot.
- Now you are ready to add the chicken and 3 Tbsp. Cajun Blend to the mixture and cook for another 10 minutes on high heat (in the event the mixture becomes too dry during this process, you can add a ½ cup chicken stock or water).
- Ensure there is very little water in the mixture and now add the rice and shrimp to the mixture - cook on high heat for another 5 minutes and mixture should look like below:



- Now you are ready to add the 4 cups of chicken stock and garlic to the mixture.
- Bring this mixture to a boil stirring continuously.
- Turn the heat to lowest setting, cover and simmer for 20 minutes (do not open the cover for 20 minutes)
- After simmering for 20 minutes, open the cover and add the green onions, parsley, salt, pepper and Tabasco to taste – stir/mix the Jambalaya.
- Cover and cook for another 10 minutes and then turn off the fire.
- Let the pot sit for 10-15 minutes.
- Your Jambalaya is now cooked and ready to be served.
- Final addition of Cajun Blend seasoning, salt and Tabasco for your taste and spice preference.



This is an easy recipe once you have cooked it a few times and can be adjusted per your preference in meats and seafood.

Serves 4-6 people and just adjust recipe for more servings.