

# CHICKEN & SAUSAGE WITH RICE

F EASY

Last Modified: 05/29/2014

PREP: 3 Hrs  
COOK: 20 Min  
STOVETOP

CAJUN

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
3/4	Pound	Smoked Andouille Sausage	Cubed
2	Whole	Chicken Breasts (Skinless / Boneless)	Cubed
1	Recipe:	Sauce - Espagnole (Mother Sauce #3) (Basic)	
1	Tbsp	Recipe: Seasoning - Cajun Seasoning	
OR			
1	Tbsp	Recipe: Seasoning - Creole Seasoning	
1	Medium	Sweet Onion	Fine Dice
2	Tbsp	Garlic	Minced
1/2	Bunch	Fresh Coriander Leaves (Cilantro)	Chopped
1	Cup	Long Grain Rice	Uncooked

## OPTIONAL

1	Recipe:	Sauce - Roux - Dark Red - Brown	
2	Cups	Chicken Stock (Swanson)	

## PREPARATION

<b>NOTE</b>	Essentially, Cajun and Cusines both have the same roots. The difference being that Creole Cuisine uses Tomatoes and Cajun Cuisine does not.
<b>TOOLS</b>	1) Meat Tenderizer Mallet 2) Large Non-Stick Skillet 3) Large Saucepan & Lid
<b>PREP</b>	<b>DISH</b> 1) Finely dice the Sweet Onion and set it aside. 2) Mince the Garlic Cloves and set them aside. 3) Chop the Cilantro Leaves and set them aside.
<b>1</b>	Pound the Chicken Breasts until they are about 1/2 inch thick. Cut them up into 1/2 inch cubes and set them aside.
<b>2</b>	Remove the casing from the Andouille Sausage. Cut it into 1/2 inch thick slices. Cut each slice into quarters and set them aside.
<b>3</b>	In a large non-stick skillet over medium high heat, saute the Sausage until it is nicely browned about 5 minutes (You may have to add in a little Oil). Set the Sausage aside and reserve 2 tablespoons of the Oil. Discard the remaining Oil in the skillet. Put the reserved Oil back into the skillet, add in the Onions and saute until transparent, about 3 minutes. Add in the Garlic and saute for another 2 minutes. Add in 1/2 cup of Chicken Stock and the Chicken. Cook until the Chicken is just cooked and the stock has reduced by 1/2, about 5 minutes.
<b>4</b>	Prepare the Rice according to package directions. Except, replacing the requested amount of water with the same amount of Chicken Stock.

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<b>5</b>	Add in the Sausage and cook until heated. Add in the Espagnole Sauce and heat through. The Gravy in the dish should now be nicely thickened at this point. If you want it thinner, add in a little more Chicken Stock. You want it thicker add in a little Corn Starch mixed with an equal amount of water. Mix in the Cilantro Leaves, cover and set aside to keep hot.
<b>OPTION</b>	To make a more intensely flavored, "soup-like" version: Add in a Dark Red Roux and a couple of cups of Chicken Stock and return it to a boil.
<b>SERVE</b>	Mound 3/4 cup of the Cooked Rice on an individual serving plate and ladle the Chicken, Sausage Mixture over the top. Serve while hot with Crusty Bread on the side.