

Dabbin Jambalaya

Whitley County High School – Whitley County, KY

Whitley County High School FCCLA

Ingredients:

4 cups brown rice

8 cups water

4 lb. Roma/heirloom (meaty) tomatoes

Or 24 oz. canned and diced tomatoes

15 oz. canned black beans or other smaller type

1 ½ cup water

4 bay leaves

1 tbsp. fresh thyme, minced

12 oz. Italian or Andouille Sausage

12 oz. precooked chicken cubes

1 onion, diced

12 mushrooms, small dice

1 bell pepper, diced

1 cayenne (or 2 jalapeno) peppers, minced

1 tsp. paprika, additional to taste

½ tsp. ground cayenne pepper, additional to taste

2 tbsp. fresh basil, minced

2 tbsp. fresh oregano, minced

3 tbsp. parsley, minced

5 garlic cloves, minced

Black pepper, to taste

Sea salt, to taste



Directions:

Prepare brown rice, adding paprika and ground cayenne to water. When using fresh tomatoes, blanch tomatoes in a hot water bath, shock in ice, remove skins, and seeds then dice. Heat tomatoes, beans, water, and bay leaves in pot. In sauté pan, sauté and caramelize rondels of sausage. Add onions, bell pepper, fresh cayenne, or jalapeno peppers and cook 7 minutes. Add garlic, mushrooms, and chicken cubes. Add sauté mixture to tomato mixture. Add fresh herbs. Cook mixture to combine flavors and assure all ingredients up to temperature. Add 1 ½ cups of rice to jambalaya. Adjust jambalaya to taste using ground cayenne pepper, ground sea salt and freshly ground black pepper. Plate jambalaya and remaining rice in individual servings.