



Duck and Sausage Gumbo

3 Plucked Mallards
Salt based Cajun spice (such as Tony Chachere's)

2 cups bell pepper, chopped (assorted colors)
1 cup onion, chopped
1 cup celery, chopped
3 cloves garlic, minced

10 cups duck or chicken stock
1lb Smoked sausage***
2 cups cut okra (fresh, frozen or canned)
½ tsp basil
1 oz Louisiana hot sauce
Salt, pepper, cayenne to taste

Remove duck breast and legs, skin attached, cube breast meat and separate drumsticks and thighs. Season the meat with the Cajun spice. Place in a cast iron skillet over medium heat for approximately 15 minutes, turning as necessary. Set meat aside, when cool remove skin and discard skin.

In same skillet with some of the remaining, rendered duck fat sauté bell pepper, onion, celery and garlic until translucent.

Transfer sautéed vegetables to large soup pot, add duck meat and stock and other ingredients. Slowly bring to a boil and then simmer for about 1 hr adding stock if necessary.

Serve in bowls alone or over cooked, long grained rice. Season with Tabasco sauce, if needed.

***Cajun Andoullie if available. Use smoked ham sausage as a substitute.

Submitted by Pat Kehoe
--Featured selection at the 2011 Outdoor Women's Program