



Louisiana Creole Jambalaya (12 servings)

2 cups (5 dl) hakket selleri
2 cups (5 dl) hakket vårløk
2 cups (5 dl) hakket persille
2 st. Grønn paprika
2 st. Gul løk
2 st. Rød chilli (mild)
6 fat hvitløk
800 g skrellet rå reker
800 g røkt skinke (hel skinke, ikke skivet)
400 g bacon
600 g beinløs og skinneløs kyllingelår
600 g røkt pølse av god kvalitet (ikke grillpølse eller chorizo)
4 bokser krossete tomater
Stor pose vanlig vit ris. 2 bokser Uncle Bens går fint men aldri i kokeposer
Salt
Sort pepper
laurbærblad
Neutral stekeolje

Heat a large pot over medium-high heat. Add bacon, and cook until crisp. Remove bacon pieces with a slotted spoon, and set aside. Add celery, bell pepper, onion, garlic and chili to the bacon drippings, and cook until tender. Add a little neutral oil if there's not enough oil from bacon.

Add the ham, chicken, bacon and sausage to the pot, sauté for 10 minutes and pour in the tomatoes and broth. Season with thyme and Creole seasoning, green onion and parsley. Only salt after cooking, if necessary. Many of these ingredients contain some form of sodium.

Bring to a boil, and add the rice. Bring back up to a boil, then turn the heat to low, cover, and simmer for about 20-25 minutes, until the rice is tender. Stir in the shrimp and cover for an additional 10 minutes off of the heat.

Serve with a wonderful side salad. Also great for breakfast or brunch topped with a fried egg!