

# RED ARROW INTERNATIONAL Culinary Creations

## Roastin' 9073™

### Flavor Description:

A roasted chicken skin flavor.



# Chicken & Chorizo Gumbo

Yield: 4268 gm.

Serving: 18 portions – 237 gm. each

### FORMULA: \*

<b>Ingredients:</b>	<b>Oz.</b>	<b>Lbs.</b>	<b>Grams</b>	<b>% weight</b>
<b>Roastin' 9073</b>	<b>1.06</b>	<b>0.1</b>	<b>30.0</b>	<b>0.70%</b>
Flour, all-purpose	11.99	0.7	340.0	7.97%
Canola oil	9.88	0.6	280.0	6.56%
Yellow onion; peeled, small dice	6.70	0.4	190.0	4.45%
Garlic; peeled, minced	0.39	0.0	11.0	0.26%
Red bell pepper; seeded, small dice	4.59	0.3	130.0	3.05%
Green bell pepper; seeded, small dice	4.59	0.3	130.0	3.05%
Celery, small dice	6.70	0.4	190.0	4.45%
Roma tomatoes; seeded, small dice	5.64	0.4	160.0	3.75%
Chicken base	1.83	0.1	52.0	1.22%
Water	78.52	4.9	2226.0	52.15%
Okra, sliced	3.17	0.2	90.0	2.11%
Chorizo sausage	7.05	0.4	200.0	4.69%
Chicken breast; boneless, skinless, small dice	7.90	0.5	224.0	5.25%
Gumbo file	0.07	0.0	2.0	0.05%
Thyme; leaves, dried	0.07	0.0	2.0	0.05%
Black pepper, ground	0.07	0.0	2.0	0.05%
Red pepper sauce	0.12	0.0	3.5	0.08%
Oregano; leaves, dried	0.01	0.0	0.2	0.00%
Marjoram; leaves, dried	0.01	0.0	0.3	0.01%
Cumin, ground	0.00	0.0	0.1	0.00%
Chili powder	0.02	0.0	0.6	0.01%
Cayenne pepper, ground	0.02	0.0	0.6	0.01%
Kosher salt	0.14	0.0	4.0	0.09%
<b>Total</b>	<b>150.56</b>	<b>9.4</b>	<b>4268.3</b>	<b>100.00%</b>

### Method of Preparation:

1. Preheat the oven to 177°C.
2. Place a heavy large pot on medium heat; add the canola oil and heat.

3. Add the garlic, onion and celery. Sauté for 3-4 minutes until softened.
4. Add the bell peppers and okra. Sauté until softened.
5. Add the **Roastin' 9073**.
6. Add the all-purpose flour in stages, stirring vigorously until incorporated.
7. Reduce heat to low and continue stirring every few minutes to avoid burning and sticking.
8. Roux will start to take on a tan appearance. Continue stirring as roux develops into a brown color, this will take about 45 minutes.
9. On a baking sheet roast the chicken breast in the oven at 177°C until the internal temperature reaches 71°C. Approximately 20 minutes.
10. On a separate baking sheet cook the Chorizo sausage in the oven at 177°C until the internal temperature reaches 71°C. Approximately 20 minutes.
11. Combine the water and base in a separate pot. Stir to dissolve and bring to a low simmer. Keep on the stove, just below a simmer.
12. Slowly add the hot liquid to the roux and vegetable mixture, incorporating the liquid each time before adding more liquid.
13. Allow the soup to simmer slowly.
14. Dice the cooked sausage and chicken breast and add to the soup.
15. Add the remaining ingredients. The soup will start to thicken. Allow the soup to simmer for 35 minutes.

**Serving suggestion:**

Serve with rice and chopped green onion.

**Research Chef Evaluation of Roastin' 9073:**

**Roastin' 9073** adds a roasted chicken flavor to this soup. The roast flavor harmonizes well with the chicken and chorizo, intensifying these flavors to create a hearty soup that is pleasing to the palate.

\* Developed by Red Arrow Culinary Specialists