

Easy to Make Cajun Jambalaya



TIP: A very patient troubleshooter named Dana in Toronto, Canada, requested this picture book recipe after helping me with my Internet connection over the phone a while back. As I'd never made jambalaya before, the first thing I did was look for a good base recipe online. The one I found that I liked best was [Cajun Jambalaya](#) by **Emeril Lagasse** on the Food Network website. I then modified some of the ingredients and cooking techniques to make the recipe you see here as fully flavorful and as easy to put together as possible.

Preparation Time: 15-20 minutes

Cooking Time: about 45 minutes

Ingredients

(for 4)

1/2 Pound Peeled Shrimp

2 Chicken Tenderloins

1 Sweet Italian Chicken Sausage (traditional recipe calls for Andouille sausage)

1-2 Tablespoons Bayou Cajun Seasoning (depending on desired spice flavor - I used 2 tablespoons)

Olive Oil

1/4 Red (or any) Onion

1/2 - 1 Bell Pepper (I prefer red or yellow peppers because they're sweeter)

1/2 Celery Stalk

4-5 Garlic Cloves

1 Medium Sized Tomato

3 Bay Leaves

1 Tablespoon Worcestershire Sauce

1 Teaspoon Hot Sauce

1 Cup Rice (I'm using brown rice for flavor and texture but any rice will work)

3 Cups Chicken Stock (I used 3 cups water and chicken base - shown left of olive oil)

Balsamic Vinegar (optional, but adds great sweet & sour flavor)



Equipment

Medium Sized Pot with Top

Cutting Board

Tongs

Spatula

Large Sharp (Chef's) Knife

Tablespoon

Teaspoon

Medium Sized Working Bowl

Plastic Bag

Measuring Cup



1. Rinse and shake dry the **bell pepper**, **celery** and **tomato** in the sink.



2. Add **1-2 tablespoons Bayou Cajun Seasoning** (I'm using 2 tablespoons) to a plastic bag, and...



...add the **shrimp** and **chicken tenderloins**.
Then...



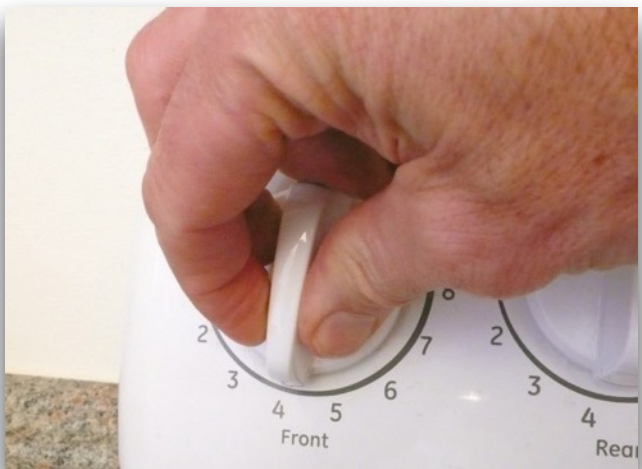
...twist the bag closed and shake it until what you have inside the bag looks about as shown...



...here (left picture = ingredients mixed with 1 tablespoon Bayou Cajun Seasoning; picture right = ingredients mixed with 2 tablespoons seasoning)



3. Put the pot on the stove, and turn on the burner heat to MEDIUM.

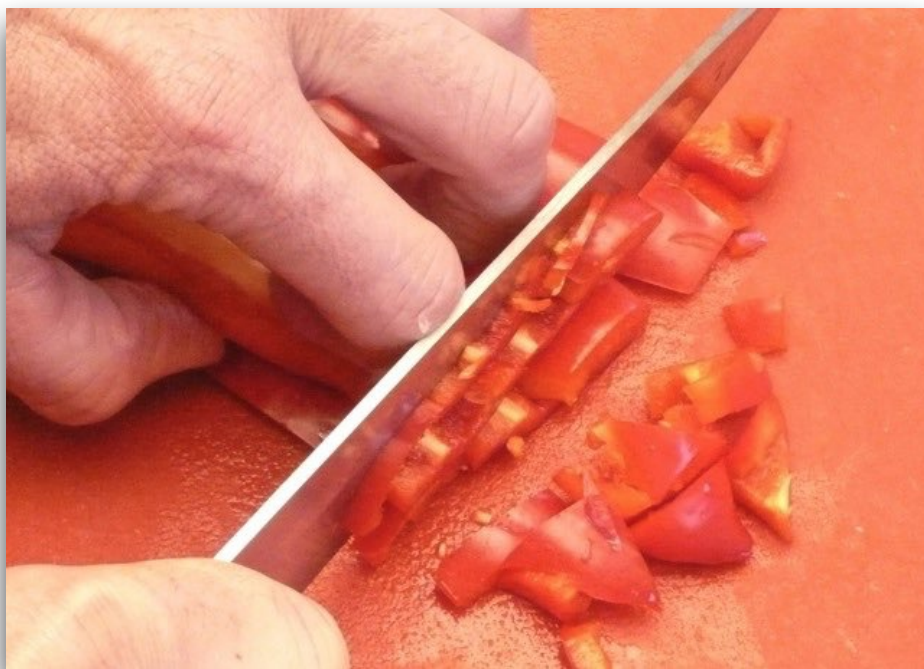


4. While the pan warms, chop the **onion, bell pepper, tomato, celery** and **garlic** about as shown:

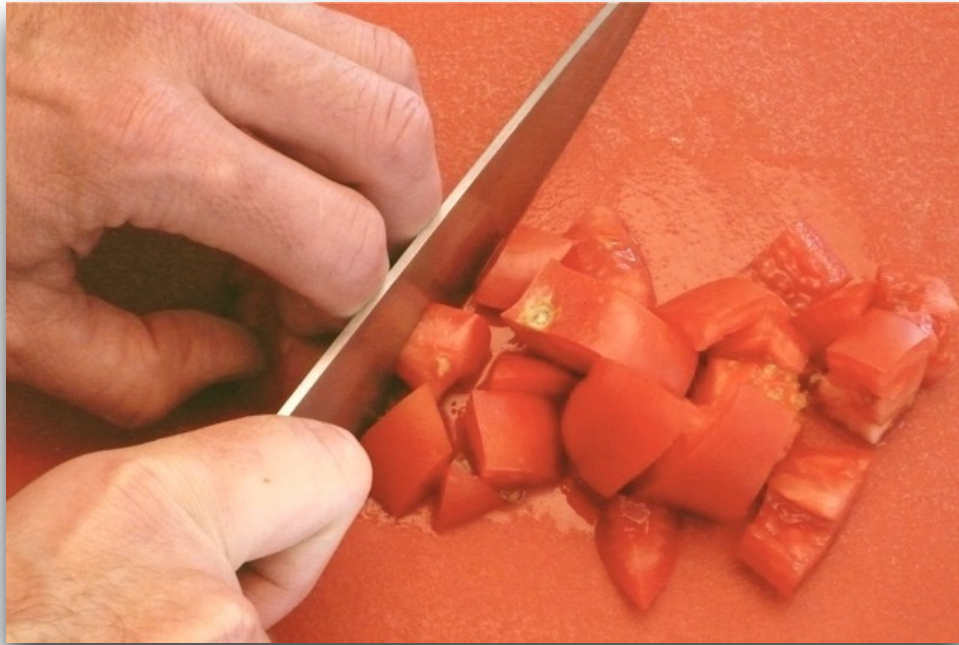
1/4 Onion



1/2 - 1 Bell Pepper (I used the whole bell pepper as shown)
as shown)



Tomato



1/2 Celery Stalk cut first into strips and then in cross section



4-5 Garlic Cloves chopped like this



5. Check the pot for proper cooking temperature by running tap water on your fingers and flicking the water into the pot.



The pot is warmed to the proper cooking temperature if the water sizzles when it hits the pot surface and quickly evaporates. (**NOTE:** If the water sizzles and evaporates in a puff as soon as it hits the pot, move the pot to a cool burner for a few minutes. Turn down the heat setting a few notches on the burner you originally used, and heat the pot again. If the water doesn't sizzle, keep heating the pot until it does.)

6. Add about as much **olive oil** to cover the hot pot surface as shown here. Then, right away,...



...add the **chicken tenderloins**,...



...squeeze the **sausage meat** out of the casing.



Break up the **sausage** with a spatula, and...



...turn the **chicken pieces** with tongs when they are lightly browned like this.



7. Cover with the pot top, and...



...cook until the **chicken** and **sausage** are safely cooked though with no pink inside like this.



Remove the **cooked chicken and sausage** from the pot with tongs as shown here.



8. Right away, add to the pot the **freshly cut onion, bell pepper, tomato, celery and garlic, 3 bay leaves,**

...



...**1 tablespoon Worcestershire sauce, and 1 teaspoon hot sauce** (optional: for a less spicy version, the hot sauce can be added to taste when served).



9. Measure and add **1 cup (8 ounces) rice** to the pot along with...



...**3 cups chicken broth** (or, as shown here, **3 cups water** and **1 tablespoon chicken base**).
Then...



...cover with the top, and set a timer for the **rice** cooking time as directed on the **rice** package (the **rice** I used took 35 minutes to cook).



10. While the **rice** cooks, chop the **chicken** into bite-sized pieces as shown here.



11. When the timer for cooking the **rice** sounds, stir in the **shrimp**,...



...cover the pot again, and cook for at least 5 minutes until...



...the **shrimp** are completely opaque as shown here.



12. When the **shrimp** is safely cooked, add the **cooked chopped chicken** and **sausage**, and...



...an optional **shot of balsamic vinegar**. Then...



...stir for a minute or two,...



...remove the **bay leaves** and...



...serve warm.



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