

## Chef from the Hood Recipes



**Chef:**  
Fred Poulos & family

**Restaurant:**  
Cafe Gio

**Recipe:**  
Cafe Gio Jambalaya!

### Ingredients:

3 tablespoons butter, oil or olive oil  
1 1/2 pounds large, peeled shrimp  
1/2 pound diced andouille, linguicia,  
keilbasa or other flavorful sausage  
1 cup fresh chopped onion  
1 cup fresh chopped bell pepper  
1 cup sliced mushrooms  
6 big, ripe, blanched, skinned tomatoes  
1 whole head of fresh, minced garlic  
1/2 cup fresh, chopped parsley  
(chop some extra for garnish)  
1/4 cup fresh, chopped basil leaves  
1/4 cup hearty red wine  
1 teaspoon Tabasco sauce  
1/4 teaspoon (or more) cayenne pepper  
salt & fresh cracked black pepper to taste  
2 cups cooked long grain rice

The aroma alone from this 1 skillet dish for four is sure to lure all passer bys to your kitchen. Chef Fred reminds, <sup>3</sup>It should be good and juicy and a little greasy. Remember, this is New Orleans style!<sup>2</sup> You won't want to miss a drop, so serve in wide bowls, each with a big spoon, plenty of napkins, a hearty red wine or cold beer. Garnished with chopped parsley and hot bread, this jambalaya will turn even the most polite diner into a red hot skillet licker.

Heat oil or butter in a large skillet or sauté pan. Toss in sausage. As it begins to brown, add onion, bell pepper & garlic, tossing & stirring so that garlic doesn't burn. When veggies are translucent, add shrimp, mushrooms & parsley and continue on high heat until shrimp begins to pink up on all sides. Add wine and cook off alcohol for a minute or so & continue occasional tossing. Add basil, salt, pepper & Tabasco. Crush tomatoes into pan, add cayenne. Stir, reduce heat & simmer a few more minutes to blend flavors. Taste & adjust spices. (More cayenne?). Mound rice in 4 bowls, and spoon jambalaya and it's broth over rice. Garnish & enjoy!