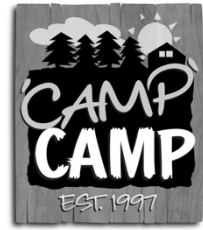


# mamère's bayou kitchen supply list



*Please note: Friday's class will prepare Etouffé, and Saturday's class will make Gumbo. Plan appropriately from the list of supplies below.*

## **Utensils/Equipment**

Large stock pot  
Medium-size lidded pot or rice cooker  
Flat edged spatula, bamboo, silicon, or stainless steel (preference in that order)  
For Etouffé: large heavy bottomed skillet, preferably cast iron  
For Gumbo: Large 8 qt. heavy bottomed pot/Dutch oven, preferably cast iron.  
Cutting board  
Vegetable processing knife  
Meat knife  
A few kitchen bowls for processed veggies  
Tongs  
Ladle

## **Ingredients**

Stick butter (for Etouffé) / Oil of choice (for Gumbo)  
Flour  
2 cups Rice, uncooked

2 Bell Peppers (Etouffé: 1 red, 1 green / Gumbo: you can substitute one bell for pablano, jalapeño, habañero to taste)

1 lg. Onion  
2 sticks Celery  
Bunch of green onion, tops saved for later

Salt  
Pepper  
Cajun seasoning (Tony Chachere's is my fav) to taste

4-2000 cloves Garlic, chef's choice  
1 Bay Leaf, (2 needed for Gumbo)

### Etouffé (Friday's class)

1-1½ lb. medium large shrimp, peeled, headed and deveined, saving heads and shells.  
1 can golden mushroom condensed soup

### Gumbo (Saturday's class)

4 chicken thighs, boiled, skinned, deboned, fat removed (Season water as you please. You can use broth later for something)  
1 lb. Andouille (or other comparable quality smoked pork sausage), rendered if needed. (Do taste it to gauge its seasoning to determine if backing off of your "to taste" seasonings might be needed.)  
1 lb. package of frozen okra  
Gumbo filé (available on Amazon if you can't find it in your grocery)