For Kwame, gumbo in particular holds a special significance and represents not just the resilience of his ancestors but the pride he feels for his African and Southern heritage. Originating in West Africa before making its way to Louisiana, this traditional recipe is a staple dish that has evolved with each passing generation. Enjoy!

**NOTES FROM A YOUNG BLACK CHEF**

*A Memoir*

**KWAME ONWUACHI**
with **JOSHUA DAVID STEIN**
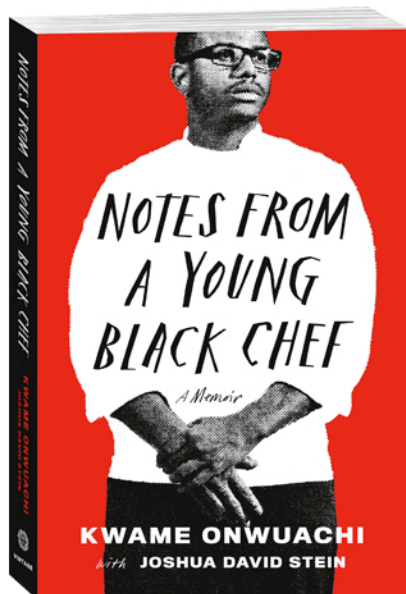
## GUMBO INGREDIENTS:

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|---|---|
| 1 pound butter, melted | Kosher salt |
| 2 cups flour | 1 tablespoon Cajun spice |
| 1 ½ cups onions, small dice | 2 quarts shrimp stock |
| 1 cup celery, small dice | 1 quart chicken stock |
| ¾ cup green pepper, small dice | 2 andouille sausages, 1 whole, 1 sliced |
| 2 tablespoons garlic, minced | 1 whole chicken, quartered and skinned |
| 2 tablespoons canola oil | 2 cups lump crabmeat |

## GUMBO METHOD:

1. Preheat oven to 360 degrees Fahrenheit.
2. **Make the roux** In an ovenproof loaf pan, whisk the butter and flour together until smooth. Bake, uncovered, stirring every 30 minutes for approximately two hours. Reserve half of the roux for your gumbo; the remainder can be kept in the freezer for up to three months.

## GUMBO METHOD (CONTINUED):

3.  In a large saucepan, sweat the onions, celery, green pepper, and garlic until tender in the canola oil with a pinch of salt.

4.  Add the Cajun spice and stocks and bring to a simmer. Slowly whisk in the roux to create a thick, smooth liquid.

5.  Add the whole sausage and chicken and simmer for 20 minutes. Season to taste with salt. Skim excess oil as needed.

6.  Remove the whole sausage and add the crabmeat and sliced sausage.

7.  Serve with Thyme-Scented Rice

## THYME-SCENTED RICE INGREDIENTS:

| | |
|---|---|
| 2 cups long-grain white rice | Kosher salt |
| 1 fresh thyme sprig | 4 tablespoons butter |

## THYME-SCENTED RICE METHOD:

1.  In a medium saucepan with a lid, combine rice, 3 cups of water, thyme, and a pinch of salt, and bring to a boil. Cover and reduce heat to low. Simmer for 15 minutes.

2.  Remove from heat and let sit, covered, for 5 minutes. Add butter; fluff with a fork.

**Yield: 6-8 Servings**