



ASHLEY ROSE YOUNG'S FILE GUMBO

6 Servings

Ingredients

- 1 stalk celery, finely chopped
- 3 tablespoons all-purpose flour
- 4 tablespoons vegetable oil (divided)
- Salt and freshly ground black pepper, to taste
- 3 teaspoons filé powder
- Cooked Louisiana long-grain rice, for serving
- 1 cup chopped raw chicken meat
- 12 ounces andouille or chorizo sausage, sliced into ¼-inch rounds
- 2½ quarts low-sodium or no-sodium chicken stock (no sodium preferred)
- 1 pound Gulf shrimp, peeled and deveined
- 1 smoked ham hock
- 1 bay leaf
- 1 medium onion, finely chopped
- 1 green bell pepper, finely chopped

Instructions

Brown the chicken and sausage:

In a large heavy-bottomed pot or Dutch oven, heat 2 tablespoons of oil over medium-high heat. Add the chopped raw chicken and sliced sausage. Cook, stirring occasionally, until both are browned, about 7-8 minutes. The chicken does not need to be cooked through.

Remove the chicken and sausage with a slotted spoon and set aside. Leave any rendered fat and browned bits in the pot.

Make the roux:

Add the remaining 2 tablespoons of oil to the same pot. Reduce the heat to medium. Whisk in the flour and cook, stirring constantly, until the roux turns a deep golden brown, 8-20 minutes. It really depends on your pan and stove top. Watch carefully to prevent burning.

Option: If you are less familiar with making a roux, you can opt to brown the chicken and sausage in a separate pan and not start the roux in the rendered fat from those proteins. Instead, heat your gumbo pot to medium and add 3 tablespoons of oil and 3 tablespoons of flour and cook, stirring constantly, until the roux turns a deep golden brown, 8-20 minutes. Watch carefully to prevent burning.

Add aromatics:

Stir in the chopped onion and cook for 1-3 minutes, until softened. Stir in the chopped bell pepper and celery and cook for 3-5 minutes, until softened and ideally slightly browned.

Build the base:

Return the browned chicken and sausage to the pot. Add the ham hock, chicken stock, and bay leaf. Stir well, scraping up any browned bits from the bottom of the pot to enrich the flavor.

Simmer:

Bring the mixture to a boil, then reduce the heat to medium. Simmer uncovered until the liquid reduces to about 1½ quarts and the flavors have deepened, about 45-60 minutes. Skim off any foam or excess fat that rises to the surface as it cooks.

Add the shrimp:

Add the shrimp and cook for 3-5 minutes, until just opaque and cooked through.

Finish the gumbo:

Remove the ham hock and bay leaf. You can use a fork to shred the meat from the ham hock and add it back into the pot (be careful not to burn yourself). Taste and season the gumbo with salt and pepper. Just before serving, stir in the filé powder to thicken slightly and add its distinctive flavor.

Serve:

Spoon the gumbo over hot Louisiana long-grain rice and serve immediately.



MUFFALETTA

New Orleans-Style Muffaletta on Focaccia



PREP TIME
20 MIN



REST TIME
30-60 MIN



SERVINGS
4-6

Instructions

1. Prepare the focaccia - Slice the focaccia horizontally with a long serrated knife to create a top and bottom half.
2. Assemble the sandwich - Spread half of the olive salad (with some of its oil) over the bottom half of the focaccia. Layer salami, ham, mortadella, and cheeses evenly. Top with the remaining olive salad and close the sandwich.
3. Press and rest - Wrap the sandwich tightly in plastic wrap or parchment. Place a heavy pan or baking sheet on top and let it rest 30-60 minutes at room temperature, or refrigerate up to 6 hours. (This helps the oil soak in and the layers meld together.)
4. Serve - Cut into squares or rectangles and serve at room temperature

Ingredients

Bread

- 1 large focaccia sheet or loaf (about 12x8 inches, 1-1½ inches thick) — choose plain or rosemary focaccia

Olive Salad

- 1 (12-16 oz) jar muffaletta or Italian olive salad — such as Boscoli, Cento, or Mezzetta

Cheese & Meat Filling

- ¼ lb genoa salami, thinly sliced
- ¼ lb ham or capicola, thinly sliced
- ¼ lb mortadella or bologna, thinly sliced
- ¼ lb provolone cheese, thinly sliced
- ¼ lb mozzarella cheese, sliced or shredded
- (If your deli has limited selection, just double the ham and salami.)

Tips

- Focaccia's texture makes for a lighter, more modern muffaletta that's still rich and savory.
- If using super-oily olive salad, drain off about a quarter of the liquid to prevent sogginess.
- Great as party sandwiches — assemble early, refrigerate, and slice just before serving.



ASHLEY ROSE YOUNG'S SAZERAC COCKTAIL

Directions

1. Chill the glass – Fill one lowball glass with ice and set aside to chill.
2. Mix the cocktail – In a second lowball glass, combine 2 oz rye whiskey, ¼ oz simple syrup, and 4 dashes Peychaud's bitters.
3. Add ice and stir – Add ice to the mixing glass and stir gently for about 30 seconds, until well chilled.
4. Prepare the serving glass – Discard the ice from the first lowball glass. Pour in ¼ oz absinthe and swirl to coat the inside of the glass. Discard any excess.
5. Strain and garnish – Using a strainer, pour the chilled cocktail into the prepared glass. Cut a wide lemon peel, twist it over the drink to express the oils, and drop it into the glass.

Equipment

- 2 lowball (rocks) glasses
- 1 jigger
- 1 cocktail spoon
- 1 strainer
- Ice (in a bowl or bucket, with a spoon or scoop)
- 1 vegetable peeler or 1 paring knives
- 1 small cutting board
- 1 large discard bowl (for ice, peels, and rinses)

Ingredients (per cocktail)

- 2 oz rye whiskey
- ¼ oz simple syrup
- 4 dashes Peychaud's bitters
- ¼ oz absinthe or Herbsaint
- 1 lemon (for peel)

Tips

- The Sazerac is traditionally served without ice, but you can serve it over a single large cube if desired.
- If making multiple rounds, keep a small bowl of expressed lemon peels handy to streamline prep.
- Herbsaint is the preferred local alternative to absinthe in New Orleans.