



WILD WOOD DUCK


LafayetteTravel.com/Gumbo

Compliments of: Jo Vidrine

Wild Wood Duck Gumbo

Ingredients:

3	Wild Wood Ducks, Cleaned
1lb.	Homemade Smoked Pork Sausage
2	Large Yellow Onions
1	Green Bell Pepper
1	Yellow Bell Pepper
1	Red Bell Pepper
1	Whole Garlic
8c	Water, Chicken Broth or Stock
1/2c	Bruneaux's Bon Cajun Seasoning*

*Bruneaux's Bon Cajun Seasoning is recommended because of its low salt content allowing you to add your own salt to the gumbo for better flavor control.

Roux:

2c	Flour
2c	Vegetable Oil

Mix equal parts flour and vegetable oil in a cast iron skillet continuously stirring on medium heat until you reach the desired color of roux. Depending on your preference of darkness the roux will take anywhere from thirty minutes to an hour and a half. Once you have reached the color of roux you desire take the cast iron skillet off the heat, continuing to stir until the skillet cools. Once the skillet has cooled set aside for later.

Preheat the oven to 350° in preparation for roasting the garlic.

Season the cleaned wild wood ducks with Bruneaux's Bon Cajun Seasoning.

Chop yellow onions, green, red and yellow bell peppers to preferred thickness.

Break up garlic clove into pieces and place in a small roasting pan for about 45 minutes in the oven.

Brown the seasoned wild wood ducks on all sides at a medium heat in a cast iron pot until just past golden brown, as you would do if you were browning meat to make a gravy.

Once the wild wood ducks are browned to satisfaction, add chopped yellow onions, green, red and yellow bell peppers into the cast iron pot and cook for three to five minutes.

Add water, chicken broth or stock to the cast iron pot.

Once water has come to a boil add roux to the cast iron pot until it reaches your desired color and thickness.

Remove roasted garlic from the oven, peel the skins off and add to the cast iron pot.

Cut homemade smoked pork sausage into ¼ inch medallions and add to the cast iron pot 45 minutes to an hour before serving so sausage is plump and moist when served.

Gumbo should continue to cook until the wild wood duck meat is nearly falling off the bone.

Make sure gumbo is seasoned to taste. Add salt and Bruneaux's Bon Cajun Seasoning as needed. Other seasonings to add if desired would be herb de provence, garlic powder, onion powder and/or sea salt.

At this point if the dish needs to be thickened add more roux to the cast iron pot and dissolve.

Serve over rice.



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