

Chicken & Sausage Gumbo

Fruits & Vegetables

- Onion (2 large)
- Celery (1 bunch)
- Carrots (3)
- Green Bell Pepper (1)
- Green Onions (1 large bunch)
- Italian Parsley (1 small bunch)

Meat & Dairy

- Whole Chicken (3-4 lbs)
- Smoked Sausage, preferably Andouille or Cajun (12-16 oz)

Condiments

- Avocado Oil (1/3 cup)
- Worcestershire Sauce

Spices & Seasonings

- Bay Leaf (1)
- Thyme (1/2 tsp)
- Gumbo Filé, optional
- Salt
- Whole Black Peppercorns (1 small handful)

Dry & Canned Goods

- Flour (1/3 cup)
- White Rice (1 cup)

Cocktail Ingredients

For 2 cocktails

- Rye Whiskey or Bourbon (4 oz)
- Bénédictine (1 ½ oz)
- Sweet Vermouth (1 ½ oz)
- Peychaud's Bitters
- Amarena Cherries (6)