

Duck Gumbo

This recipe is courtesy of Steven and Candice Woods

Ingredients

For the roux

- **½ cup** flour (can substitute with gluten free flour)
- **½ cup** of avocado oil (can use any other oil or bacon drippings, note that coconut oil isn't preferred)



For the gumbo

- **12-24** duck breasts (about 6 big ducks, ex. Mallards, for a total of 12 big duck breast, or 10 small ducks, ex. Teal, for a total of 20 small duck breast – you can always combine the two.)
- **24 oz** Andouille sausage (2 packages, Cajun holler is our preferred brand)
- **6 sticks** celery
- **1 medium** sweet onion
- **3** bell peppers, red and/or green
- **3** cloves garlic, diced
- **4 cups** beef broth
- **¼ tsp** dried thyme leaves
- **3** Bay leaves
- **1 teaspoon** hot sauce (our favorite is [Crystal Louisiana's](#))
- [Nature's Seasons](#) seasoning blend
- [Browning seasoning](#)
- Rice (white, brown, cauliflower – whatever you prefer)

Instructions

1. **Make the roux.** For the roux add flour and cooking oil to your pot. Stir constantly for 20-30 minutes until a rich amber color forms. This is the base of your gumbo and what gives it richness.
2. Once the roux has reached its dark amber color, slowly add in 4 cups of broth, ensure the thickness stays.
3. Once roux is done, tenderize and cut duck into bite sized pieces. In a pan, add just enough oil to cover the pan then add duck, browning seasoning and nature's seasoning to taste. For us it's about 1/2 to 1 tablespoons of browning seasoning and 1-2 tablespoons of

nature's seasoning. Cook until duck is medium rare. Remove duck and place in pot with roux.

4. Cut andouille sausage into round bite size pieces. Add browning seasoning, and nature's seasoning to taste, about the same amount as the duck. Cook until sausage in the pan is done and add to the pot.
5. Add chopped celery, onion, bell pepper, browning seasoning, and nature's seasoning (to taste). sauté veggies in the pan. Add 3 cloves of garlic chopped, then cook for 30 more seconds. Add to pot.
6. Once everything is in the pot add water until liquid just covers everything in the pot
7. Bring to a boil then let simmer for at least 1 hr.
8. Enjoy over cooked rice (add in extra hot sauce too!)

Notes:

If using wild ducks be cognizant of birdshot, it can chip a tooth in a heartbeat if you're not careful.

You can make it your own. Try experimenting with different seasonings and the amounts and types of onions and peppers to see what you like the best. This is just what we like best.