

From The Kitchen Of Willy Kaufell

Snow Goose Gumbo de Willy

*Clean and debone three snow geese.
Remove all fat, but leave in large pieces.
Cover deboned meat with your favorite Italian dressing and
let sit in the refrigerator overnight.
Cut meat in bite size chunks.*

Prepare Roux

*This is best made in a heavy frying pan (cast iron is best).
Heat a cup of cooking oil in the frying pan.
Gradually stir in 2 cups of flour.
Add more for a thicker and less for a thinner roux.
The flour and oil mixture must be stirred CONTINUOUSLY until brown.
The mixture may be cooked to any shade of brown desired.
A chocolate color is preferred by Art. Use great care not to burn the mixture.
If burnt, the entire mixture must be thrown out and you will have to start over.*

*Once the mixture is brown, cut back the heat and
add about 1 to 2 quarts of water.*

*Cut up four medium sized (tennis ball size) onions into
medium sized pieces not too small.*

*Do the same for two large green peppers,
one bunch of onion tops and three large sticks of celery.*

*Heat roux and water mixture and stir in the onions, peppers, celery.
Add the onion tops and 1 teaspoon of chopped garlic after the
onions, peppers, and celery have cooked (sautéed or glazed) fairly well.
Do not hurry the cooking, allow to cook slowly. Stir occasionally.
Season to taste with salt, black pepper and your favorite Cajun spices
(Art likes Tony's and Konriko Cajun spices).*

*Brown meat - over a hot fire so that the meat is seared and
the juices captured within.*

*Add browned meat to the vegetable/roux mixture.
Cover and let cook.*

*The gumbo is done when the meat is well cooked
At least 45 minutes over a medium fire.*

You can add FRESH cut-up sausage chunks or garlic sausage near the end of the cooking if desired.

If the sausage contains lots of fat, you should cook it first to remove some of the fat.

Serve over rice with garlic or hot French bread on the side accompanied by a good wine.