“CAT SCRATCH FEVER” JAMBALAYA
(serves six)

Prepare the following ahead of time:

• 2 cups each of chopped yellow onions, green bell peppers and celery
• 1 and 1/2 cups chopped fresh tomatoes
• 1 package (4) Cajun sausage, sliced about 1/4 inch thick
• 4 boneless chicken breasts (1 to 1.5 lbs.) chopped into 1-inch pieces

Measure out the following ingredients:

• 3 level teaspoons of Cajun spice*
• 3, 3/4 cups chicken broth (about three cans)
• 2 cups long grain rice
• 1 can (8 oz.) tomato sauce
• 1/2 cube of butter
• 1 and 1/2 tablespoons of crushed garlic
• 1 bay leaf

Mix and cook ingredients as follows:

• Melt butter in a 6 or 8 quart pot (with lid) on medium heat.
• On medium high heat, sauté all chopped onions and garlic together until onions turn translucent.
• On medium high heat, add sausages slices, 1/2 can of tomato sauce and 1 teaspoon of Cajun spice*. Stir with a large spoon or spatula for 5 minutes.
• Add remaining tomato sauce, another teaspoon Cajun spice* and 1 and 1/2 cups each of the chopped bell peppers and celery, (3 cups total). Cook on high heat with constant stirring for about 15 to 20 minutes.

Note: The point of this step is to reduce the water in the vegetables and clarify the butter. This is done when the volume of the ingredients is reduced to 70%. When the liquid around the vegetables will turn clear and red you can go on to the next step. Don't worry about the caramelized tomato sauce on the bottom of the pot. This will add additional flavor to the rice and vegetables.
CAT SCRATCH FEVER JAMBALAYA Continued

- Add the remaining bell peppers, celery and all the fresh chopped tomatoes. Cook for another 5 minutes.
- Add the rice, chopped chicken and chicken broth, the bay leaf and the third and last teaspoon of Cajun spice*. Stir until the broth comes to a boil, cover and simmer on low heat for 25 minutes.

*Cautionary Note: Cajun is spice is commercially available but it varies widely in the degree of hotness. Taste the jambalaya each time you add each teaspoon of spice and stop adding spice when it suits your taste. Also, because the vegetables will add water, the final product may be a little watery. If this happens, uncover the pot and let it simmer another 5 minutes. This dish takes about 90 minutes to prepare.