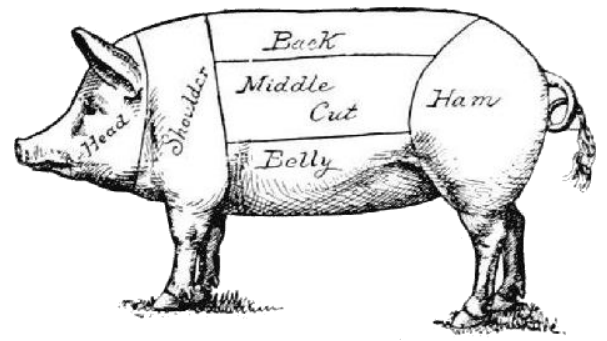


CARL'S CUTTING BOARD NEWSLETTER



Volume 2 / Issue 2 (January/February 2017)

WHERE ARE WE AT?

Year-Round
Ballard Farmers Market
Sunday - 10-3 pm

Seasonal Markets**
(to be resumed Spring 2017)

Wallingford
Madrona
Shoreline
South Lake Union
Pike Place Express
City Hall
Amazon (SLU)

**Schedules to be confirmed and updated

WHAT IS HAPPENING WITH CCB?

Carl's Cutting Board is off to a good start in 2017. We were honored to be a finalist in the 2016 Heart of Seattle Awards. Out of over 500 submissions, we placed as a top 15 finalist. The top 4 finalist were named the winners which were - Bartell Drugs, Central Co-Op, Chaco Canyon Organic Cafe and Molly Moons. We would like to congratulate everyone who participated this year. We are grateful to have been celebrated with such an amazing and diverse group of Seattle vendors and local businesses.

Our first sausage was Andouille

I always liked Andouille, especially the fiery and versatile version found in Cajun and Creole cooking. It's a garlic pork sausage with cayenne, mace, cloves, allspice, mustard seeds, thyme and onion, smoked with Pecan wood for that extra southern accent. It's the sausage that has gone through the most refinements in our lineup, this being version 4, with a crowd-pleasing heat level. Not too mild, not too hot. Recently I used it to make gumbo (recipe on next page).

Do we have a website?

Yes! You can access our website [here](#) and will be able to see more about who we are, our products, and even order online if you can't make it to one of our locations!

What kind of products do we have?

We have bacon (7 kinds - 6 from pork belly, 1 from jowl, including a nitrite and sugar free one), Canadian bacon, Andouille, Jagerwurst, Kielbasa, Bangers, Pancetta, Guanciale and Mexican chorizo.

"I always use my 'Holy Trinity' which is salt, olive oil and bacon. My motto is, 'bacon always makes it better.' I try to use bacon and pork products whenever I can." – Anne Burrell, Chef

(the "Holy Trinity" of Louisiana is onion, celery and green pepper)



2016 Heart of Seattle Awards.

GUMBO WITH ANDOUILLE AND CHICKEN

1 cup AP flour
1 Tbsp veg oil
1 white onion, chopped
2 stalks celery, chopped
1 green bell pepper, chopped
1 Tbsp fresh thyme
3 garlic cloves, minced
1.5 tsp paprika
2 bay leaves
½ tsp cayenne

4 cups chicken stock (homemade preferably)
2 chicken breasts or thighs (your preference)
8 oz andouille (our standard size package)
6 green onions, thin slices
1 tsp distilled white vinegar

Heat oven to 425 degrees. Place flour in 12-inch skillet and bake, stirring occasionally, until color of ground cinnamon, 40 to 55 minutes. Keep an eye on it so it doesn't burn. Transfer flour to medium bowl and let cool.

Heat oil in Dutch oven over medium heat until shimmering. Add onion, bell pepper, and celery and cook, stirring frequently, until softened, 5 to 7 minutes. Stir in thyme, garlic, paprika, bay leaves, cayenne, ¼ teaspoon salt, and ¼ teaspoon pepper and cook until fragrant, about 1 minute. Stir in 2 cups broth. Add chicken in single layer (chicken will not be completely submerged in liquid) and bring to simmer. Reduce heat to medium-low, cover, and simmer until chicken is fork-tender, 15 to 17 minutes. Transfer chicken to plate.

Slowly whisk remaining 2 cups broth in small increments into toasted flour until thick, smooth, batter-like paste forms. Increase heat to medium and slowly whisk paste into gumbo, making sure each addition is incorporated before adding next. Stir in andouille. Simmer, uncovered, until gumbo thickens slightly, 20 to 25 minutes.

Once cool enough to handle, shred chicken into bite-size pieces. Stir chicken and green onion into gumbo. Remove pot from heat, stir in vinegar, and season with salt to taste. Discard bay leaves. Serve.



(Recipe inspired by America's Test Kitchen)