

## Duck Gumbo

4 skinless duck breast and cut up  
1/2 cup cooking oil  
2/3 cup all-purpose flour  
1 lb smoked Venison Kielbasa, sliced  
2 cups chopped onion  
1 1/2 cups chopped green pepper  
1 1/2 cups sliced celery  
1 cup sliced okra ( frozen is ok)  
2-3 gloves of garlic smashed and diced  
1 can spicy stewed tomatoes (drained)  
2 bay leaves  
2 tbsp Worchestire sauce  
1 teaspoons white pepper  
1/2 tsp salt  
1 tsp dried thyme  
1/4 teaspoon cayenne pepper  
Pinch of crushed red pepper  
2 quarts water  
hot cooked rice  
tabasco sauce

In a large pot over medium heat, brown duck in oil. Remove and set aside. Remove about 3 quarters of the drippings, hold on the side. Add flour to the pot, cook and stir over medium heat till brown, you want to make a roux. Add kielbasa, onion, green pepper, celery and garlic. Cook for 10 minutes, stirring occasionally. Add next 8 ingredients, mix well.

Add duck, bring to a boil. Reduce heat; cover and simmer 1 to 1 ½ hours or till duck is tender.

Remove duck, cool until you can handle then shred and return to pan. Cook for 15-20 minutes.

Remove the bay leaves.

Serve over rice and a dash or 3 of tabasco