

Chicken sausages: check the casing too

A chicken sausage name identifies the meat being advertised, not every ingredient. Check the full label, casing, flavourings and certification.

Ask about the exact product

What is the casing made from? If animal-derived, which animal and source? Does current halal certification cover this exact product and production? Do the filling or seasonings include wine or animal-derived ingredients?

Buying loose or store-made sausages

Ask about separation of utensils, preparation and storage. Do not assume the equipment arrangement from the type of store.

Finding suitable products today

Halal-labelled meat can be found through mainstream retailers as well as specialist suppliers. Availability varies by product and location. Read our current supermarket meat guide at www.isitharam.com/food-guidance/supermarket_meat .

An unspecified casing source does not prove pork; a chicken label or a no-pork claim alone does not establish halal certification.

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RECIPE: HALAL NEW ORLEANS CAJUN SHRIMP JAMBALAYA

Jambalaya is a classic Cajun rice dish from Louisiana. Usually, Jambalaya is made with **pork sausage, ham, bacon** and sometimes even **alligator meat!**

This version omits all **pork** ingredients, but maintains an authentic Cajun flavor using common herbs and spices. Makes 6 to 7 servings.

INGREDIENTS

¼ cup olive oil
¾ lbs African Brand halal chicken sausage, cut into 1 4-/inch slices
or, ¾ lbs chicken breast, cut into chunks.
2 cups onion, chopped
1 cup celery stalk, chopped
1 cup green bell pepper, chopped
1 ½ tsp minced garlic
sea salt and ground black pepper
¼ tsp garlic powder
¼ tsp onion powder
1 tbsp seasoning salt
1 tsp Old Bay brand seafood seasoning
½ tsp oregano
½ tsp thyme
2 ½ cups chicken stock (or, optionally 1 cup tomato juice and 1 ½ cups stock)
¼ cup mild paprika (optional)
¾ lbs uncooked shrimp, peeled
2 cups long grain rice
1 cup green onions, chopped
chopped parsley, to taste



New Orleans Cajun Shrimp Jambalaya

DIRECTIONS

1. FRY African Brand halal chicken sausage (or chicken breast) in hot oil; cook 5-to-7 minutes.
2. REMOVE sausage (chicken breast) from pan; set aside.
3. ADD onions, celery, green peppers and minced garlic; cook, stirring 7-10 minutes or until vegetables begin to wilt.
4. ADD salt, pepper, garlic powder, onion powder, seasoning salt, Old Bay, oregano and thyme to fried vegetables.
5. STIR in chicken stock, reserved chicken sausage (chicken breast) and optional paprika.
6. BOIL.
7. ADD shrimp and rice and return to a boil. Cover. Reduce heat to simmer.
8. COOK 10 minutes; remove cover and quickly turn rice from top to bottom completely.
9. REPLACE cover and cook 15 to 20 minutes or until liquid is absorbed and rice is tender.
10. STIR in green onions. Sprinkle with parsley