

# CHICKEN AND DUMPLINGS

Another comfort food, and it is delicious! I've been waiting for fall so I can cook this again, though it's good anytime. This will serve 6 adults comfortably, and although it takes about 2 hours or so to cook from start to finish, it is well worth your time!

## INGREDIENTS:

### FOR BROTH:

1 large Chicken, cut into quarters, or 3-4 pounds Chicken Thighs (my preference)  
1 ½ Sweet Onions, such as Vidalia or Walla Walla, coarsely chopped  
6 Cups Water  
2 Bay Leaves  
1 ½ teaspoon Salt

### FOR DUMPLINGS:

2 ¼ Cups Flour  
1/3 Cup Minced Fresh Herbs, such as Parsley, Green Onion tops, Tarragon  
4 teaspoons Baking Powder  
1 teaspoon Salt  
3 Tablespoons Butter, melted  
1 Cup Milk

### FOR SAUCE:

10 Tablespoons Butter  
¾ Cup Flour  
6 Cups Chicken Broth  
2 Tablespoons Creole Seasoning (Emeril's is best)  
½ teaspoon Thyme  
4 Carrots, peeled and cut into ½ inch slices on the diagonal (about 2 Cups)  
½ large Onion, diced  
½ Cup (or more) Frozen Peas, thawed (you can use canned but they tend to be mushy)  
1 teaspoon Salt  
½ teaspoon Pepper

## DIRECTIONS:

In a large pot, combine the chicken pieces, onions, water, bay leaves and salt. Bring to a boil, then reduce the heat to a simmer, partially covered, until the chicken is tender, about 1 hour. Remove the chicken pieces and set aside. Strain the broth and discard solids. When the chicken pieces have cooled, remove the meat from the bones in chunks and set aside. Discard the skin and bones. Using a spoon, skim the fat off the surface of the broth and discard that too, then set the broth aside.

To prepare the dumplings, mix the flour, herbs, baking powder, and salt together in a medium bowl. In a small saucepan, combine the butter and milk and heat over medium heat until the butter is melted. Add the milk and butter mixture to the dry

ingredients and stir until the mixture just starts to come together. Do not over mix! Drop the batter by spoonful's onto a well-floured baking sheet (around 18-20 or so). Dust the tops of the dumplings liberally with flour, cover with plastic wrap, and set aside.

Now for the sauce; Add enough water to your reserved chicken broth (if necessary) to have 6 cups total. In a Dutch oven, melt the butter over medium heat. Stir in the flour and cook until golden brown, 3 to 4 minutes. When golden brown (or after 3 to 4 minutes), whisk in the reserved chicken broth (6 Cups), creole seasoning, and thyme. Cook while stirring until the sauce has thickened, about 7-10 minutes, then add the carrots and onion and cook until the carrots are just becoming tender-crisp, 5 to 10 minutes.

Add the chicken meat, peas, salt, and pepper and bring to a boil again, stirring often, making sure that everything is HOT. (This step is very important because you want the "stew" to be uniformly hot because the latent heat in it is what is actually going to cook the dumplings, but you don't want to scorch the "stew")

Place the dumplings on top of the chicken mixture, starting around the perimeter of the pot, and spiraling into the center. Place them close together, and ideally, dunk them as you put them in.

Bring the heat down to low, cover, and simmer until the dumplings are cooked through, about 20-25 minutes. You can tell when they're done if they feel firm when you touch the tops, which are the slowest parts to cook.

Serve in large soup bowls, or pasta bowls, garnished with the parsley if desired.

#### Nutritional Information:

Assuming there were 21 dumplings, each dumpling is 62 calories.

If you divide the "stew" equally (about 1 ½ Cups each) then each serving of 3 dumplings + 1 ½ Cups stew = 715 calories, and it is totally worth it!