

CHICKEN & DUMPLINGS #2

Last Modified: 05/02/2015

PREP: 10 Min
COOK: 1 Hr
STOVETOP

F EASY

CHICKEN

MAKES 8 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
4 ~ 5	Pound	Frying Chicken	Cut-Up
2	Tbsp	Unsalted Butter	
2	Tbsp	Olive Oil	
1/2	Cup	Celery	Fine Dice
1/2	Cup	Carrots (Peeled)	Fine Dice
1	Large	Yellow Onion	Fine Dice
1/2	Tsp	Dried Thyme	
1/4	Tsp	Dried Turmeric	
1/2	Tsp	Ground Black Pepper	
6	Cups	Chicken Stock (Swanson)	
1/4	Cup	Sweet White Wine (Zinfandel)	
2	Tbsp	Fresh Italian Parsley Leaves	Minced
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

DUMPLINGS

1 1/2	Cups	All Purpose Flour	
1/2	Cup	Yellow Corn Meal	
1	Tbsp	Baking Powder (Heaping)	
1	Tsp	Kosher Salt	
2	Cups	Half & Half	Divided
2	Tbsp	All Purpose Flour	
2	Tbsp	Fresh Italian Parsley Leaves	Minced
OR IN PLACE OF THE ABOVE 7			
1	Recipe:	Breads - Tarragon Drop Biscuits Or Dumplings	

PREPARATION

NOTE	This has a lot more liquid than the #1 Recipe and is therefore easier to steam the slightly chewier Dumplings properly.
TOOLS	1) Dutch Oven & Lid 2) Medium Mixing Bowl 3) Small Mixing Bowl
PREP	DISH 1) Finely dice the Onions and set them aside. 2) Finely dice the Carrots and add them on top of the Onions. 3) Finely dice the Celery and add it on top of the Onions. 4) Mince the Parsley Leaves and set them aside. 5) Cut the Chicken into 8 pieces (2 each, Legs, Thighs, Wings & Breasts) reserving the Backbones.

CHICKEN & DUMPLINGS #2

PREP	DUMPLINGS 1) Mince the Parsley Leaves and set them aside.
1	CHICKEN: in a dutch oven over medium high heat, melt the Butter until it is bubbling and whisk in the Olive Oil. Sprinkle the Chicken generously with Salt and Pepper. In batches, brown the Chicken on both sides and set it aside on a clean plate.
2	Reduce the heat to medium. Add in the diced Carrots, Celery and Onions. Cook while stirring for 3 to 4 minutes. Stir in the Thyme and Turmeric and then pour in the White Wine. cook until the Wine reduces by 1/2, about 5 minutes. Add in the Chicken Stock. Stir to combine it well and then return the browned Chicken. Bring it to a boil and lower the heat to low. Cover and simmer it for 20 minutes.
3	DUMPLINGS: While the Chicken is simmering, in a medium mixing bowl, make the dough for the Dumplings. Sift together the Flour, Cornmeal, Baking Powder and Salt, then add 1 1/2 cups of the Half & Half and the Parsley, stirring gently to combine. Set it aside.
4	Carefully remove the Chicken Pieces from the pot and set them aside on a plate. Pull off and discard the Chicken Skins. You may either: Use 2 forks to remove the Chicken Meat from the bones and shred the Chicken, then add it back to the pot or simply return the whole skinless Chicken Pieces. In a small mixing bowl, mix together the remaining 1/2 cup of Half & Half and 2 tablespoons of Flour, then add it to the pot and stir to combine, bring it to a boil, lower the heat to low and simmer it for 3 minutes or until the Sauce thickens to the desired consistency.
5	Drop tablespoons of Dumpling Dough into the simmering liquid. Cover the pot and continue to simmer it for 30 minutes to steam the Dumplings. The Dumplings are done when a toothpick comes out clean. Check the seasonings and add Salt and Pepper if needed. Allow it to set uncovered for 10 minutes. Stir in the remaining Parsley just before serving.
SERVE	Ladle into individual serving bowls and serve while hot.