

CHICKEN & DUMPLINGS #3

F EASY

Last Modified: 11/14/2015

PREP: 25 Min
COOK: 1 Hr 20 Min
STOVETOP

CHICKEN

MAKES 12 SERVINGS

| QUA | MEASURE | INGREDIENT | PROCESS |
|--------------------------------------|---------|-----------------------------------|-----------|
| HOMEMADE CHICKEN SOUP / BROTH | | | |
| 2 | 3 Pound | Frying Chickens | Cut-Up |
| 16 | Cups | Water | |
| 1 | Stick | Unsalted Butter | |
| 6 | Medium | Carrots (Peeled) | 1" Chop |
| 4 | Stalks | Celery | 1" Chop |
| 2 | Medium | Yellow Onions | 1/2" Chop |
| 2 | Large | Leeks (White & Light Green Parts) | 1/2" Chop |
| 6 | Cloves | Garlic | Sliced |
| 1 | Tbsp | Poultry Seasoning (Heaping) | |
| 1/2 | Cup | All Purpose Flour | |
| 2 | Tbsp | Fresh Italian Parsley Leaves | Chopped |

| DUMPLINGS | | | |
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| 2 1/2 | Cups | All Purpose Flour | |
| 3/4 | Cup | Whole Milk (Plus more if needed) | |
| 2 | Tbsp | Unsalted Butter | |
| 1 | Tbsp | Baking Powder (Heaping) | |
| 2 | Tsp | Kosher Salt | |
| 2 | Large | Eggs | |
| 1/4 | Cup | Fresh Italian Parsley Leaves | Chopped |

| PREPARATION | |
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| FACTOID | This is homemade, through and through. The Dumplings are fluffy and light. This freezes well and reheats in a microwave quick & easy. |
| TOOLS | <ol style="list-style-type: none"> 1) Dutch Oven & Lid 2) Medium Mixing Bowl 3) Large Mixing Bowl 4) Pastry Blender 5) Fine Wire Strainer |
| PREP | <p>DISH</p> <ol style="list-style-type: none"> 1) Angle cut the Celery Stalks into 1" long pieces and set them aside. 2) Wash the Carrots (Peels On) and angle cut them into 1" long pieces and add them on top of the Celery. 3) Cut the Onions into 1/2" pieces and add them on top of the Celery. 4) Cut the Leeks (White & Light Green Parts Only) into 1/2" pieces rinse thoroughly under cold running water to remove any dirt and add them on top of the Celery. 5) Chop the Parsley Leaves and set them aside. 6) Cut the Chickens into 8 pieces (2 each, Legs, Thighs, Wings & Breasts) reserving the Backbones. |

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| PREP | <p>DUMPLINGS 2) Chop the Parsley Leaves and set them aside.</p> |
| 1 | <p>CHICKEN: Place the Chicken Pieces and the Backbones in a dutch oven over medium high heat and cover with 16 cups water. Bring it to a boil, then reduce the heat to a low simmer and poach the Chicken until cooked through, 25 to 30 minutes</p> |
| 2 | <p>CHICKEN: Use tongs to remove the Chicken Pieces to a large mixing bowl and set them aside to cool; discard the Backbones. Once the Chicken cools enough to handle, pull the meat from the bones, shred and roughly chop; set it aside. Strain the Chicken Broth into a medium mixing bowl through a fine wire strainer and keep it warm.</p> |
| 3 | <p>CHICKEN: In the dutch oven over medium heat, melt the Butter and stir in the Carrots, Garlic, Celery, Leeks, Onions and Poultry Seasoning. Cook the Vegetables until they begin to soften, 8 to 10 minutes, then stir in the Flour until the white disappears..</p> |
| 4 | <p>CHICKEN: Add in the reserved Chicken Broth, bring it to a boil, then reduce it to a simmer and cook until it thickens slightly and Vegetables soften, about 25 minutes. Stir in the shredded Chicken and Parsley and bring the Soup back to a low simmer.</p> |
| 5 | <p>DUMPLINGS: While the Chicken is simmering, in a medium mixing bowl, make the dough for the Dumplings. Add the Flour. Use a pastry blender to cut in the cold Butter until it resembles small peas. Stir in the Milk, Baking Powder, Salt and Eggs. Add additional Milk, 1 tablespoon at a time, if necessary. The dough should be moist but not too wet.</p> |
| 6 | <p>DUMPLINGS: Pull the Dumpling Dough into 1/4 cup pieces and place them directly (not touching until necessary) in the simmering liquid; cover and cook for 10 to 12 minutes. The Dumplings are done when a toothpick comes out clean.</p> |
| SERVE | <p>Ladle into individual serving bowls, sprinkle the top with the chopped Parsley and serve immediately.</p> |