

CHICKEN AND DUMPLING RECIPE

1 Onion

2 Carrots

2 Celery Stalks

2 Garlic Cloves

¼ Cup Cream or Milk

2 or 3 Chicken Leg Quarters

2 Tbsp Thyme, Onion Powder,

(Salt & Pepper to taste)

3 Tbsp Chicken Bouillon (such as Knorr)

4 Tbsp Butter

6 – 8 cups water

Chicken/Broth:

Chop the carrot, celery, and garlic. Cover the chicken with water and cook with the chopped carrot, celery, garlic, spices and bouillon until the chicken is loose on the bone (approx. 40 mins). (This can be done in an Instapot in 18 mins.) Remove the chicken to cool, discard bones and skin, then shred the chicken with a fork. Use a potato masher to mash the vegetables (as desired) in the broth. Set the broth and chicken to the side.



Dumplings:

4 Tbsp Butter (room temp)

1 Cup All Purpose Flour (and extra for dusting)

¼ Salt

¾ cup water or milk

Mix ¼ tsp salt in the flour and mix through. Then using a fork, cut 4 tbsp of soften butter into the flour until incorporated thoroughly. Add ¾ cup water/milk and mix into a sticky ball. Add flour on top of mixture and knead into dough a few times on a floured surface. Then use a rolling pin, roll the dough out thin like pie crust (flour as necessary to avoid sticking). Cut the dough into strips (approx. 1" size).

Bring the broth back up to a boil. Add all of the dumplings to the boiling broth **one at a time**. Cook for 8 – 10 mins, stirring occasionally. Turn down to simmer. Add the shredded chicken, add 4 tbsp butter, and now add the cream/milk and stir. Lastly, use a flour roux mixture to thicken as desired.

Recipe submitted by Nina Hinton, Landmark Science & Engineering