



Chicken and Dumplings

from yokesfoods.com

An Old- Time Favorite.

2 1/2-3 lbs. whole chicken
4 cups water
2 cups chicken broth
1 carrot, roughly chopped
1 medium onion, cut into quarters
1 stalk of celery, roughly chopped
1/2 tsp. salt
1 cup milk
1/4 tsp. ground pepper

Dumplings:

2 cups all- purpose flour
1/2 tsp. baking soda
1/2 tsp. salt
3 tbsp. shortening
3/4 buttermilk

Place chicken in a stock pot or dutch oven and add water, broth, carrot, onion celery and salt. Bring to boil, cover and lower heat. Simmer for 60 to 70 minutes, or until tender and chicken is done. Remove chicken and allow it to cool enough to handle. Remove the carrot, onion and celery pieces from the broth and discard. Reserve the broth.

Bone the chicken, discarding all of the skin and bones. Cut meat into bite- sized pieces. Set aside.

Dumplings:

Combine the flour, baking soda and 1/2 tsp. salt, cut in the shortening with a pastry blender or two knives until mixture is the consistency of coarse meal. Add the buttermilk, stirring just until dry ingredients are moistened. Turn dough onto a floured surface and knead 4 or 5 times-- no more

For Drop dumplings, pat the dough down to a 1/4 thickness and pinch off 1-1 1/2 inch pieces

For rolled dumplings, roll the dough to a 1/4 inch thickness and cut into 3' by 1' strips.

Bring the broth to a boil and stir in milk and pepper. Correct seasonings if desired.

Drop dumplings , one or two at a time, into the boiling broth and reduce heat to medium- low. Stir from time to time to make sure the dumplings do not stick together. cook dumplings 8 to 10 minutes. Add the boned chicken and simmer until heated thoroughly. Remove from heat.

* The less you handle dumpling dough the lighter and more fluffy the end result will be.

Servings: 4

Cook Time: 2 hours