

CHICKEN & DUMPLINGS SOUTHERN STYLE

F MEDIUM

Last Modified: 03/22/2016

PREP: 25 Min
COOK: 2 Hrs 10 Min
STOVETOP

CHICKEN

MAKES 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
CHICKEN STEW			
3 ~ 4	Pound	Stewing Chicken	Cut-Up
2	Tbsp	Vegetable Oil	
1/2	Stick	Unsalted Butter	
1	Large	Yellow Onion	1/2" Chop
2	Medium	Carrots (Peeled)	1/4" Slice
1	Medium	Parsnip (Peeled)	1/4" Slice
1	Small	Fennel Bulb (Trimmed & Quartered)	1/4" Slice
2	Cloves	Garlic	Minced
10	Tbsp	All Purpose Flour	
1/2	Cup	Dry Sherry (Christian Brothers)	
4 1/2	Cups	Chicken Stock (Swanson)	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

BOUQUET GARNI			
5	Sprigs	Fresh Thyme	
4	Sprigs	Fresh Italian Parsley	
2	Large	Dried Bay Leaves	

DUMPLINGS			
2	Cups	All Purpose Flour	
1	Tbsp	Baking Powder	
1/2	Tsp	Baking Soda	
3/4	Tsp	Kosher Salt	
1/4	Tsp	Fresh Ground Black Pepper	
3/4	Cup	Buttermilk (Plus more if needed)	
6	Tbsp	Unsalted Butter	Melted
2	Tbsp	Fresh Thyme Leaves	Fine Chop
1	Tbsp	Fresh Italian Parsley Leaves	Fine Chop
1	Tbsp	Fresh Dill Leaves	Fine Chop

PREPARATION	
FACTOID	This is Southern homemade, through and through. The Broth is thick and flavorful. The Chicken is fall-apart tender. The Dumplings are fluffy and airy. This freezes well and reheats in a microwave quick & easy.
OPTION	You may freely substitute any Chicken Pieces you like.

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TOOLS	1) Dutch Oven & Lid 2) Large Dinner Plate 3) Medium Mixing Bowl
PREP	DISH 1) Chop the Onions into 1/2" pieces and set them aside. 2) Peel the Carrots, slice them into 1/4" thick pieces and set them aside. 3) Peel the Parsnip, slice it into 1/4" thick pieces and add it on top of the Carrots. 4) Trim the Fennel Bulb, cut it into quarters, slice it into thin strips and add it on top of the Carrots. 5) Mince the Garlic Cloves and set them aside.
PREP	DUMPLINGS 1) Chop the Thyme Leaves and set them aside. 2) Chop the Parsley Leaves and add them on top of the Thyme. 3) Chop the Dill Leaves and add them on top of the Thyme. 4) Melt the Butter and set it aside.
1	CHICKEN: Pat the Chicken pieces dry with paper towels and season them generously on both sides with Salt and Pepper. Heat the Vegetable Oil in a large dutch oven over medium high heat until it shimmers. Add in half of the Chicken (NOT touching) and cook it until golden brown on both sides, about 10 minutes. Transfer the cooked pieces to a plate and repeat with any remaining Chicken. Set them aside.
2	CHICKEN: Add the Butter to the same pot and melt it over medium high heat. Add in the Onion and 1/2 teaspoon of salt and cook until soft, about 5 minutes. Add in the Carrots, Fennel and Parsnip and cook them until just tender, 4 to 5 minutes. Add in the Garlic and when it becomes fragrant, sprinkle in the Flour and cook while , stirring, for 2 to 3 minutes. Add in the Sherry and stir, scraping up any bits stuck to the bottom pf the pot. Add in the Chicken Stock and stir to combine.
3	BOUQUET GARNI: Tie the Thyme Sprigs, Parsley Sprigs and Bay Leaves together with kitchen twine, drop the bundle into the broth, pressing gently so it sinks.
4	CHICKEN: Add the partially cooked Chicken back in, taking care to fully immerse it in the liquid. Bring the Stew to a boil, reduce the heat to low, cover and simmer until the Chicken is fully cooked, about 1 hour.
5	CHICKEN: Remove the pot from the heat and transfer the Chicken to a cutting board. Remove the Bouquet Garni and discard it. As soon as the Chicken is cool enough to handle, remove the skin and bones and discard.
6	CHICKEN: Tear the Meat into bite-sized pieces. Using a skimmer or wide spoon, skim off and discard the fat that has floated to the top of the sauce in the pot. Return the Chicken pieces and any drippings on the plate into the pot and bring the Stew back to a simmer.
7	DUMPLINGS: Meanwhile, In a medium mixing bowl, whisk together the Flour, Baking Powder, Salt, Baking Soda and Pepper. Add in the Buttermilk, melted Butter, Thyme, Parsley and Dill and stir to form a thick, very sticky Dough.
8	DUMPLINGS: Using your lightly Floured hands, roll the Dough into balls about the size of a golf ball. Drop the Dough Balls into the stew spaced about 1/4 inch apart. Once the Balls have simmered for a couple of Minutes, you may add in more, allowing them to touch ONLY the already cooked ones. Cover and simmer over low heat until the Dumplings are firm and cooked through, about 15 minutes. Do NOT uncover - Letting the trapped steam do it's work.
SERVE	Ladle the Stew into individual serving bowls, sprinkle the top with a little extra chopped Parsley and serve immediately.