



Chicken & Dumplings

This hearty dish is wonderful wintertime fare, and great for using up leftovers. You can have roast chicken for dinner one night, and make this the next!

Ingredients:

2 c. pulled roast chicken or shredded poached chicken breast	1 Tbsp olive oil
6 c. chicken stock (if you roasted a chicken for the meat, dissolve the pan drippings in hot water)	A scant 1/4 c. flour
3/4 c. each carrots, onions, and celery, roughly diced	2 bay leaves
1 clove garlic, minced	For dumplings:
2 Tbsp butter	2 c. self-rising flour
	2 eggs
	3/4 to 1 c. buttermilk

Instructions:

First, mix up your dumplings: Sift the flour into a large bowl. Beat the eggs and buttermilk together until just mixed, then add them to the sifted flour, mixing just until the dough comes together. It should be nice and thick.

Set the dumplings aside, and get out a large dutch oven or stock pot with a lid. Set over medium heat, and add the butter and olive oil. When the butter is fully melted, toss in the carrots, onion, celery, garlic, and bay leaves, and sauté until tender - about five minutes.

Now it's time to make a roux. Shake the flour over the veggies a little at a time, stirring all the while. Once all the flour has been added, keep stirring for another couple minutes until the flour doesn't look powdery and the whole thing is turning a nice golden yellow (thanks, carrots).

Instructions (continued):

Now add the chicken stock, a cup at a time, and stir well to make sure each addition gets fully incorporated. Simmer this mixture until it gets thick enough to coat the back of a spoon - about fifteen minutes.

Add the pulled chicken, and stir it through gently. Bring the mixture up to a simmer. It's dumpling time!

Using two spoons, scoop up a tablespoon of dumpling batter, and drop onto the simmering sauce. Keep adding dumplings until the top of the sauce is covered, but the dumplings have a little room to grow (I usually do a couple batches). Cover your pot, and poach the dumplings till they're firm and puffy - ten to fifteen minutes. If you're doing batches, transfer finished dumplings to a covered bowl to rest.

When all dumplings have been poached, dump them back into the sauce and stir a bit to mix them throughout. Add salt and black pepper to taste, and serve hot.