

Chicken and Dumplings

Step by Step Recipe

Recipe

1 Whole Chicken
3 Cups All Purpose flour
3 Teaspoons Baking Powder
1 Teaspoon Salt
Quarter Cup Butter
Lard or Crisco for roux use to your discretion
4 medium eggs
2 tablespoons lard (maybe one more)
SLiced Green Onions for garnish

Whole Chicken in a pot of cold water or chicken broth or base.

Bring to boil then lower to simmer

Pull it out after 45 minutes when the legs come off and juices run clear

While chicken is cooking, start working on dumplings

Put the flour, baking powder, and salt in a bowl.

Add butter and lard - It's going to be coarse

Make sure it's all coated in

Take 4 eggs pour them in the mixture one by one

Mix it in. If it's too dry, use half and half or milk. If you want it more fluffy use another egg

Gently mix because you don't want the dumplings to be tough

Mix until it's a nice large ball cover and let it sit.

Roll it out then cut into dumplings

To thicken your broth take a little out of chicken pan add roux (equal parts flour and fat) stir until smooth

Pour dumpling mix and flour onto wax paper or parchment paper

Make ball with dumpling mix

Take the dumpling mix ball add a little more flour on top. Use rolling pin or wine bottle to roll dumplings to about a quarter inch thick

Cut them into inch squares

Once chicken is out of pot bring to boil again

Drop dumplings in one at a time

Cook for 5 and 10 minutes

Taste to check doughiness

Pull chicken rather than cutting and add to pot

(Adding vegetables is possible and a great way to get kids to eat them)

Once it's cooking you add the roux (add amount to your choice)

Bring to boil let sit for a few minutes

Add pepper to taste

Once it's nice and smooth, stir with spatula, avoid over whisking
Let it come to a boil and watch for a few minutes
Plate alone or with mashed potatoes, garnish with green onions
Now you have chicken and dumplings!

This is my mother's chicken and dumplings recipe. I remember in my youth coming home from school and if I saw the dumplings draped over the backs of the kitchen chairs, i was in for a treat. For me, it's a great memory and connection with my mother. It will always be a piece of her. To this day, I still use the pot that she gave me whenever i make her special recipe.

This meal is trouble free, affordable, and you can feed many people. Chicken and Dumplings will always be a staple in my house!