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!