

LAKE SIDE COOKS RECIPES

Chicken & Dumplings



GOOD FOR THE SOUL

CHICKEN & DUMPLINGS

- 3 to 4 bone-in chicken breasts
- 3 ribs celery, chopped
- 1 large onion, chopped
- 1 garlic clove, finely chopped
- 2 Tablespoons of Chicken Base (I use Better than Bouillon brand)
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- 8 cups water
- 2 Tablespoons cornstarch (to thicken stew at the end)





- Over medium heat, add one tablespoon olive oil to dutch oven and place the chicken breasts in pan, skin side down until the skin browns (about 10 minutes). Turn chicken and then cook a few extra minutes. Remove chicken breasts. The chicken will not be fully cooked at this point.
- In the pan drippings, add celery and onion and saute for about 8-10 minutes. Add garlic and cook one minute longer.
- Return the chicken to pan and add water, chicken base, salt and pepper.
- Simmer the chicken until it is tender, about 30 minutes. Remove the chicken from the pot and, when it is cool enough to handle, remove the skin and separate the chicken from the bone and cut it into bite-size pieces. Return the chicken to the pot. Keep warm over low heat.

Dumplings:

- 2 cups all-purpose flour
- 1 teaspoon salt
- $\frac{3}{4}$ cup ice water
- To prepare the dumplings: Mix the flour with the salt and mound together in a mixing bowl. Beginning at the center of the mound, drizzle a small amount of ice water over the flour. Using your fingers, and moving from the center to the sides of the bowl, gradually incorporate about $\frac{3}{4}$ cup of ice water. Knead the dough and form it into ball.
- Dust a good amount of flour onto a clean work surface. Roll out the dough (it will be firm), working from center to 1/8-inch thick. Let the dough relax for several minutes.
- Using a pizza cutter, cut the dough into 1-inch pieces.
- Increase the heat for the stew to medium-low.





- Drop the dumplings into the simmering soup. Gently move the pot in a circular motion so the dumplings become submerged and cook evenly. Cook until the dumplings float and are cooked through, about 20 minutes.
- To thicken stew, mix together 2 tablespoons cornstarch and $\frac{1}{4}$ cup of water. Then whisk mixture into the stew. Stew should thicken within a few minutes. For thicker stew, additional cornstarch mixture may be required.
- Serve stew in bowls. Also delicious ladeled over mashed potatoes.

Quick Dumplings: In lieu of the homemade dumplings, Reames Dumplings (found in your grocer freezer) are a delicious alternative.

6 servings