

Jamie's Chicken and Dumplings

Ingredients

Chicken

- 1 whole chicken
- 2-4 stalks celery, diced
- 1 onion
- 2-4 carrots, diced
- 1 pkg fresh poultry herbs
- 3 tbsp butter
- 1-3 tsp chicken bouillon



Dumplings (I usually double this recipe)

- 1-1/2 cups flour
- 1/2 tsp baking powder
- 3/4 tsp salt
- 3 tbsp of Crisco shortening
- 1/2 cup of chicken stock, cooled

Directions

- In a large stock pot, melt butter and sauté celery, onion and carrots until onions are soft. Add the whole chicken and poultry herbs to the pot. Fill the pot with water until chicken is covered. Stew for 60-90 minutes (the longer you leave it in, the easier it will be to debone).
- Take the chicken out of the pot and set aside to cool. Remove any poultry herb stems from the stock. Add chicken bouillon to the water to flavor (a couple cubes or 1-3 tsps), stir and turn off the burner until you're ready to make the dumplings. Reserve 1/2 cup of chicken stock (or 1 cup if you double the dumpling recipe) for the dumplings and set aside to cool.
- After cooling the chicken, de-bone the chicken and break up meat. Set chicken meat aside.
- For the dumplings, mix the flour, baking powder and salt in a mixing bowl. Cut the shortening into the flour mixture with a fork until it is the consistency of little peas. Add the cooled chicken stock into the mixture and mix together (I end up kneading with my hands once everything is well combined).
- Turn dough onto wax paper and use a rolling pin to press out into a thin layer (less than 1/4" thick). Cut into 1" x 1-1/2" strips.

- Bring the chicken stock to a boil again and drop dumplings in one at a time. Cook about 6-8 minutes at a simmer. Add the chicken meat back to the pot, stir, and you're ready to serve!
- Add salt and pepper to taste.

From the Chef

A year after we were married, I asked my in-laws to share the recipe for my husband's favorite dish so I could make it for him when he returned home for the holidays after spending most of our first year of marriage living away from home. What my father-in-law Dave made for his family of five while their kids were growing up is now a favorite of my family of five. I hope it becomes a favorite of your family's, too!

—Dr. Jamie Muskopf, alumna and SPS faculty
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