Chicken and Dumplings



What could be more down-home than chicken with dumplings. This recipe takes it to a higher, better level.

CHICKEN:

3/4 cup all-purpose flour

Salt and pepper to taste

4 pounds chicken pieces, skin-on

2 tablespoons unsalted butter

1 tablespoon canola oil

6 whole leeks, cleaned and sliced

6 whole shallots, diced

5 whole carrots, cut in 3" pieces

3 stalks celery, diced

3/4 teaspoon dried thyme

5 cups chicken broth

1/2 cup apple juice, or pineapple juice

FEATHER DUMPLINGS:

1 cup all-purpose flour

1/2 cup fresh bread crumbs

2 teaspoons baking powder

3/4 teaspoon salt

1/3 cup milk

1/4 cup onion, finely minced

1 whole egg, beaten

2 tablespoons butter, melted

1 tablespoon Italian parsley, minced

Black pepper to taste

Serving Ideas: Serve this in a wide and deep soup bowl. The broth is just fabulous, which you want to consume with every bite. I also heated some frozen peas and added about 1/4 cup to 1/3 cup in each soup bowl.

Carolyn T's Blog - Tasting Spoons:
http://tastingspoons.com

Servings: 6

If you prefer, you can remove all the chicken from the bones - in which case it's not necessary to do the dredging, etc. Just brown the chicken pieces. The soup portion of this recipe came from an article in the Orange County Register, and Cathy Thomas credits the recipe to Jamée Ruth, "The Cookware Cookbook." Cathy Thomas was on a quest to find light dumplings, so included the recipe for Marion Cunningham's Feather Dumplings in the article. This is from Cunningham's book titled "Lost Recipes: Meals to Share with Friends and Family." The nutrition summary assumes you included all of the flour in the dish, which you do not, of course, and that you didn't skim the fat or remove any of the chicken skin. If you don't have all of the vegetables, improvise. When I made this I didn't have any carrots; nor did I have enough leeks or shallots, but I used what I had, and it was wonderful nevertheless.

1. Prepare the chicken (called the soup): In a shallow bowl or pan combine the flour, salt and pepper. Lightly dredge the chicken pieces in the flour mixture, shaking off any excess flour. Melt butter and oil in a large, heavy-bottomed soup pot on medium-high heat. Cautionsly add half of the chicken using tongs. Do not crowd the pieces. Brown nicely on both sides, about 5-7 minutes. Transfer to a plate and brown remaining chicken and remove to a plate.
2. Reduce heat to medium, add leeks and shallots, scraping up any brown bits at the bottom. Cook for 3-4 minutes, or until softened and starting to brown or caramelize. Add the carrots, celery and thyme. Stir and cook an additional 3 minutes. Add the broth and fruit juice and bring to a boil on high heat. Add the chicken on top, reduce the heat, partially cover and simmer for 25-30 minutes (no more than that, or the chicken will dry out and get tough). Remove from heat and cool. The goal is to remove the fat from the broth, so you can separate the vegetables and put the broth in a flat pan to cool faster. Chill, remove fat, then you can reassemble the dish with the chicken on top. Reheat to a simmer.
3. Dumplings: In a small mixing bowl stir together the flour, bread crumbs, baking powder and salt. In another bowl lightly beat the milk, onion, egg and melted butter. Stir the dry ingredients into the wet ones to make a wet paste. Don't overmix. Add parsley and pepper and mix just until combined. Drop small spoonsful (about 12) onto the top of the bubbling soup. Cover and reduce heat to a slow simmer and cook for 20 minutes without lifting the lid. Ladle soup, vegetables, chicken and a dumpling or two into wide soup bowls.

Per Serving (excluding unknown items): 832 Calories; 44g Fat (48.3% calories from fat); 50g Protein; 56g Carbohydrate; 5g Dietary Fiber; 246mg Cholesterol; 1349mg Sodium. Exchanges: 2 Grain(Starch); 6 Lean Meat; 4 Vegetable; 0 Fruit; 0 Non-Fat Milk; 5 Fat; 0 Other Carbohydrates.