



## Chicken and Dumplings

### **Ingredients:**

#### **Stew:**

6 boneless, skinless chicken thighs  
Salt and ground black pepper  
4 teaspoons olive oil  
4 tablespoons unsalted butter  
4 carrots  
2 celery ribs  
1 large onion  
6 tablespoons all-purpose flour  
1/4 cup dry sherry, dry vermouth, or dry white wine  
5 cups chicken broth (I prefer Better Than Boullion jarred paste)  
3/4 cup whole milk  
2 teaspoon minced fresh thyme leaves or 1 tsp dried  
2 bay leaves  
1 cup frozen green peas  
3 tablespoons minced fresh parsley leaves

#### **Dumplings:**

2 cups unbleached all-purpose flour  
1/2 tsp baking soda  
1 tsp sugar  
1 teaspoon salt  
1 tsp dried tarragon  
3/4 cup butter milk (or 3/4 cup milk with 1 tsp white vinegar)  
4 tablespoons unsalted butter, melted  
1 large egg white

#### **Equipment:**

Paper towels  
Large Dutch oven with lid or heavy bottomed soup pot  
Cutting board  
Chef's knife, sharpened  
Large spoon  
Whisk  
1 small mixing bowl  
1 medium mixing bowl



## Chicken and Dumplings

Serves 6

### **Stew:**

6 boneless, skinless chicken thighs  
Salt and ground black pepper  
4 teaspoons vegetable oil  
4 tablespoons (1/2 stick) unsalted butter  
4 carrots, peeled and sliced 1/4 inch thick  
2 celery ribs, sliced 1/4\* inch thick  
1 large onion, minced or 1/2 pound frozen pearl onions, thawed  
6 tablespoons unbleached all-purpose flour  
1/4 cup dry sherry  
5 cups low-sodium chicken broth  
3/4 cup whole milk  
2 teaspoon minced fresh thyme leaves or 1 tsp dried  
2 bay leaves  
1 cup frozen green peas  
3 tablespoons minced fresh parsley leaves

### **Dumplings:**

2 cups unbleached all-purpose flour  
1/2 tsp baking soda  
1 tsp sugar  
1 teaspoon salt  
1 tsp dried tarragon  
3/4 cup butter milk(3/4 cup milk with 1 tsp white vinegar)  
4 tablespoons unsalted butter, melted  
1 large egg white

### **FOR THE STEW:**

1. Pat the chicken dry with paper towels, then season with salt and pepper. Heat 2 teaspoons of the oil in a large Dutch oven over medium-high heat until just smoking. Add the chicken thighs and cook until golden on both sides, about 10 minutes. Transfer the chicken to a plate.
2. Add the butter the carrots, celery, onion, and 1/4 teaspoon salt. Cover and cook over medium heat until softened, about 7 minutes.
3. Stir in the flour. Whisk in the sherry, scraping up any browned bits. Stir in the broth, milk, thyme, and bay leaves. place the chicken, with any accumulated juices, into the pot. Cover and simmer until the chicken is fully cooked and tender, about 20 minutes.
4. Transfer the chicken to a cutting board. Discard the bay leaves. When cool enough to handle, shred the chicken, then return it to the stew.

**FOR THE DUMPLINGS:**

1. Stir the flour, baking soda, sugar, salt, and tarragon together.
2. In a separate bowl, combine the buttermilk and melted butter. Stir together and then whisk in the egg white.
3. Add the buttermilk mixture into the flour mixture with a wooden spoon until incorporated and smooth.
4. Return the stew to a simmer, stir in the peas and parsley, and season with salt and pepper to taste. Drop golf-ball-sized dumplings gently into the stew, keeping about 1/4-inch space between each. You should have about 18 dumplings. Reduce the heat to low, cover, and cook until the dumplings have doubled in size, 15 to 18 minutes. Serve hot.