



✕ Chicken and Dumplings ✕

Ingredients

3 Tbs olive oil	4 cups shredded, cooked chicken
1 yellow onion	1 1/2 cups all-purpose flour
2 stalks celery	2 tsp baking powder
2 carrots (~ 1.5 handfuls of baby carrots)	2 tsp fresh sage, minced
8 cups chicken stock	2/3 cup half-and-half

Details

1. In a soup pot, heat olive oil over medium heat.
2. Add onion, celery & carrots, cover and cook (stirring occasionally) until vegetables start to soften, about 5 minutes.
3. If chicken stock has formed film, skim or strain before using.
4. Add chicken stock to pot, bring to a boil over high heat.
5. Reduce heat to medium-low, simmer until vegetables are tender, about 20-25 minutes. Add Chicken.
6. Season with salt and pepper. The soup should be simmering.
7. Now for the dumplings! In a bowl, mix together flour, baking powder, 1/2 tsp salt, and sage.
8. Add half-and-half and stir (I use my hands) to make a soft dough. Don't work it too much, since we want light and fluffy dumplings.
9. Using a soup spoon, scoop portions of dough and drop (softly!) onto the surface of the simmering soup.
10. Cover and cook until the dumplings are firm, about 15 minutes.

Serves 8. Recipe adapted from Williams Sonoma.

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