
Chicken And Dumplings

Mike Lata - Fig Restaurant, Charleston SC
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Servings: 6

GNOCCHI

1 pound ricotta
1/2 cup plus 2 tablespoons all-purpose flour
1 large egg, beaten to blend
1 1/4 cups Parmesan cheese, finely grated
3/4 teaspoon freshly grated nutmeg
1/2 tablespoon Kosher salt

CHICKEN and GRAVY

10 cups low-salt chicken broth
2 pounds skinless/ boneless chicken thighs
1/4 cup (1/2 stick) unsalted butter
6 tablespoons all-purpose flour
2 stalks celery, cut crosswise into 1/4-inch thick slices
1 carrot, peeled and thinly sliced
1 parsnip, peeled and cut into 1/4-inch thick slices
1 leek, halved lengthwise and cut into 1/4-inch-thick slices
1/4 cup flat-leaf parsley, chopped
1/4 cup fresh chives, chopped
Kosher salt
freshly ground pepper
Parmesan cheese, shaved

For the gnocchi. If using fresh ricotta that has excess liquid, you may need to drain it overnight. Line a fine-mesh strainer with cheesecloth and set it over a medium bowl. Add the ricotta. Cover with plastic wrap and let drain overnight in the refrigerator. If using supermarket ricotta, proceed with the recipe; no draining required.

Gently mix the ricotta, 1/2 cup plus two tablespoons of the flour, egg, Parmesan cheese, nutmeg and salt in a large bowl just to blend (do not overwork). Form dough into a ball (it will be sticky). Wrap in plastic and chill for at least one hour and up to one day.

Line a baking sheet with parchment paper. Set aside. Place dough on a lightly floured work surface. Divide the dough into four equal portions and cover with a clean kitchen towel. Using your hands, roll one portion into a 1/2-inch-diameter rope and cut crosswise into 1/2-inch-thick pieces. Lightly dust the gnocchi with flour and transfer to a prepared baking sheet. Repeat with the remaining portions of dough. Cover the gnocchi with a kitchen towel and chill until ready to cook. **DO AHEAD:** Can be made two months ahead. Freeze on sheets and store, frozen, in an airtight container.

CHICKEN and GRAVY: Bring the broth to a boil in a large saucepan. Add the chicken. Reduce heat to low, cover and gently simmer until chicken is tender and cooked through, 20 to 30 minutes. Remove chicken; let cool slightly and shred into bite-size pieces. Bring broth to a boil and cook until reduced to eight cups, about 15 minutes.

Meanwhile, melt butter in a small heavy saucepan over low heat. Whisk in flour until smooth and cook, whisking constantly, until roux is pale beige in color, about 15 minutes (do not brown).

Scrape roux into the simmering broth. Whisk until thickened and the broth coats the back of a spoon. Reduce heat to low and add the vegetables. Cook until tender, about 5 minutes. Add shredded chicken and herbs. Season with salt and pepper. **DO AHEAD:** Can be made two days ahead. Chill, uncovered, until cold. Cover and keep chilled. Rewarm before serving.

Cook gnocchi in a large pot of boiling salted water, stirring occasionally, until the gnocchi float to the surface, about 2 minutes (slightly longer if frozen). Using a slotted spoon, transfer the gnocchi to bowls, dividing equally. Ladle the chicken and vegetables with gravy over the gnocchi. Season with pepper and top with Parmesan.

Per Serving (excluding unknown items): 284 Calories; 14g Fat (35.7% calories from fat); 29g Protein; 28g Carbohydrate; 3g Dietary Fiber; 59mg Cholesterol; 882mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 1 Fat.