

Chicken

Spanish-Style Chicken and Dumplings

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Servings: 4

4 cups chicken stock
2 pinches saffron
2 tablespoons extra-virgin olive oil
3/4 pound chorizo, casings removed and chopped or crumbled
1 pound boneless/ skinless chicken thighs or breast tenders, diced
3/4 pound medium to large white mushrooms, quartered
1 medium onion, chopped
3 large cloves garlic, chopped
1 bay leaf, fresh or dried
salt and freshly ground black pepper
2 tablespoons fresh thyme leaves, chopped
2 rounded teaspoons all-purpose flour
1/3 cup dry sherry
1 small boxed biscuit mix to prepare 8 biscuits (such as Jiffy)
1/4 cup flat-leaf parsley, finely chopped
1 teaspoon paprika

In a small saucepot, combine the stock and saffron and bring to a boil over medium heat. Reduce the heat to low and simmer to allow the saffron to steep.

In a large deep skillet with a lid or a Dutch oven, heat the olive oil over medium-high heat.

Add the chorizo and render and brown for 2 minutes.

Add the chicken and lightly brown.

Stir in the mushrooms, onion and garlic as you chop them,.

Add the bay leaves, thyme and salt and pepper to taste.

Put a lid on the pot and increase the heat to high for 5 minutes to soften the vegetables.

Stir in the flour. Add the sherry and stir for 1 minute more. Add the saffron broth.

While the vegetables soften, put the biscuit mix in a bowl and stir in the parsley and paprika.

Add the liquids for the biscuits according to the package directions.

Drop eight small mounds of biscuit dough onto the surfaces of the chicken and sauce.

Cover with a tight-fitting lid and cook for 5 to 6 minutes.

Ladle into shallow serving bowls and serve.

Per Serving (excluding unknown items): 736 Calories; 40g Fat (52.3% calories from fat); 28g Protein; 54g Carbohydrate; 3g Dietary Fiber; 75mg Cholesterol; 3203mg Sodium. Exchanges: 3 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 6 Fat.