
Chicken and Dumplings III

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

1 (four to five pound) stewing chicken OR 2 (three pound) broiler-fryers

1 small onion, sliced

2 to 3 carrots, sliced

3 to 4 ribs celery with leaves, chopped

1 teaspoon salt

4 tablespoons butter

6 tablespoons flour

1/8 teaspoon paprika

1/2 cup light cream

white pepper (to taste)

DUMPLINGS

2 cups flour

1 teaspoon salt

4 teaspoons baking powder

1 tablespoon shortening

3/4 cup milk

In a pot, simmer the chicken, onion, carrots, celery and salt in enough water to cover. Cook until the chicken is done, 1-1/2 to 2 hours. Remove the chicken from the broth, saving one quart.

When cool enough to handle, remove the skin and bones. Dice the meat.

Melt butter in a cup. Stir in the flour mixed with paprika. Add the paste to the chicken stock gradually, stirring constantly. Cook for 2 minutes.

Add the chicken, cream and pepper. Adjust the seasonings to taste.

Make the Dumplings: In a bowl, sift the dry ingredients together. Blend in the shortening with a pastry blender or fork. Add the milk and mix well. Dip a teaspoon into cold water and then into the dough. Spoon the dough onto the chicken mixture as instructed. These are the best chicken and dumplings you will ever taste.

Spoon the dumplings on top of the gently bubbling chicken mixture and cover. Cook for 15 minutes **WITHOUT LIFTING THE LID**. Serve at once.

Yield: 6 to 8 servings

Chicken

Per Serving (excluding unknown items): 2062 Calories; 91g Fat (39.8% calories from fat); 43g Protein; 268g Carbohydrate; 15g Dietary Fiber; 228mg Cholesterol; 6879mg Sodium. Exchanges: 15 Grain(Starch); 0 Lean Meat; 4 1/2 Vegetable; 1/2 Non-Fat Milk; 17 1/2 Fat; 1/2 Other Carbohydrates.