



Chicken and Biscuits

READY IN



45 min.

SERVINGS



8

CALORIES



545 kcal

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 2 bay leaves
- ☐ 0.8 cup buttermilk
- ☐ 1 lb carrots peeled cut into 2" pieces
- ☐ 12 ounces celery root peeled cut into 1/2" pieces
- ☐ 2 tablespoons crème fraîche sour
- ☐ 1 cup wine dry white
- ☐ 1 large eggs beaten to blend
- ☐ 2.3 cups flour all-purpose plus more
- ☐ 2 tablespoons chives fresh chopped

- ☐ 2 teaspoons kosher salt
- ☐ 1 leek white chopped
- ☐ 4 cups chicken broth low-sodium
- ☐ 1 medium onion chopped
- ☐ 1 sprig rosemary
- ☐ 1.5 teaspoons sherry vinegar ()
- ☐ 4 sprigs thyme leaves
- ☐ 1.5 pounds chicken thighs bone-in
- ☐ 0.5 cup butter unsalted cold cut into 1/2" cubes (1 stick)
- ☐ 2 tablespoons vegetable oil

Equipment

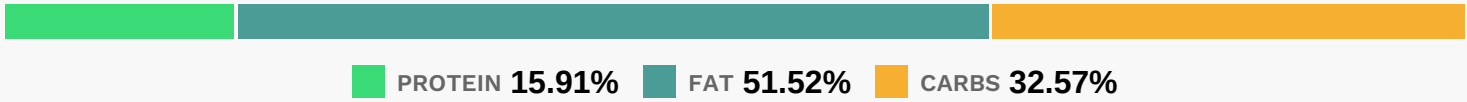
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pot

Directions

- ☐ Preheat oven to 400°F.
- ☐ Heat oil in a large pot over medium-high heat. Season chicken with salt and pepper. Cook skin sidedown until skin is golden, 8-10 minutes; transfer to a plate.
- ☐ Carefully drain all but 2 tablespoons fat from pot.
- ☐ Add carrots, celery root, onion, and leek; stir frequently until softened and beginning to brown, 8-10 minutes.
- ☐ Add butter; stir until melted.
- ☐ Add flour and stir constantly until well blended, about 2 minutes.
- ☐ Add wine and 1/2 cup water. Bring to a boil; reduce heat and simmer until liquid is reduced by half, 5-8 minutes.

- ☐ Add chicken, broth, thyme, rosemary, and bay leaves. Bring to a boil; reduce heat. Simmer until chicken is fork-tender, 35–40 minutes.
- ☐ Transfer chicken to a plate.
- ☐ Let cool slightly; shred meat, discarding skin and bones.
- ☐ Return shredded chicken to soup.
- ☐ Add 1 1/2 teaspoons vinegar. Season with salt, pepper, and more vinegar, if desired. DO AHEAD: Soup can be made 2 days ahead.
- ☐ Let cool slightly; chill until cold. Cover and keep chilled. Reheat before serving.
- ☐ Whisk flour, salt, and baking powder in a large bowl.
- ☐ Add butter. Using your fingertips, blend until pea-size lumps form.
- ☐ Add buttermilk, crème fraîche, and chives. Using a fork, mix until just combined. Gather mixture into a ball and knead in bowl just until a shaggy dough forms, 3 or 4 times.
- ☐ Transfer dough to a floured work surface and pat into a 3/4"– to 1"–thick round.
- ☐ Cut out rounds with a 2" biscuit cutter or small glass. Gather dough and repeat patting and cutting.
- ☐ Transfer to a parchment-lined rimmed baking sheet; brush with egg.
- ☐ Bake biscuits until golden brown, 25–30 minutes.
- ☐ Serve warm or at room temperature. DO AHEAD: Biscuits can be made 8 hours ahead.
- ☐ Let cool completely and store airtight at room temperature.
- ☐ Divide soup among bowls and top with biscuits.

Nutrition Facts



Properties

Glycemic Index: 64.23, Glycemic Load: 23.62, Inflammation Score: -10, Nutrition Score: 23.540869733562%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg,

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 1.04mg, Apigenin: 1.04mg, Apigenin: 1.04mg, Apigenin: 1.04mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 544.99kcal (27.25%), Fat: 30.22g (46.49%), Saturated Fat: 12.3g (76.89%), Carbohydrates: 42.99g (14.33%), Net Carbohydrates: 39.15g (14.24%), Sugar: 6.17g (6.85%), Cholesterol: 128.84mg (42.95%), Sodium: 833.95mg (36.26%), Alcohol: 3.09g (100%), Alcohol %: 0.9% (100%), Protein: 20.99g (41.99%), Vitamin A: 10216.71IU (204.33%), Selenium: 29.02µg (41.45%), Vitamin B3: 8.05mg (40.23%), Vitamin K: 40.92µg (38.97%), Phosphorus: 316.1mg (31.61%), Vitamin B1: 0.42mg (27.86%), Vitamin B2: 0.45mg (26.76%), Manganese: 0.53mg (26.26%), Vitamin B6: 0.5mg (25.24%), Folate: 96.48µg (24.12%), Potassium: 709.94mg (20.28%), Iron: 3.46mg (19.23%), Fiber: 3.84g (15.35%), Vitamin B5: 1.45mg (14.5%), Vitamin B12: 0.77µg (12.84%), Calcium: 126.54mg (12.65%), Magnesium: 50.36mg (12.59%), Vitamin C: 10.39mg (12.59%), Zinc: 1.82mg (12.15%), Copper: 0.24mg (12.03%), Vitamin E: 1.51mg (10.05%), Vitamin D: 0.7µg (4.68%)