



Chicken and Dumplings

READY IN



130 min.

SERVINGS



8

CALORIES



522 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 bay leaves
- ☐ 8 servings pepper black freshly ground for garnish
- ☐ 2 tablespoons butter
- ☐ 0.8 cup buttermilk
- ☐ 2 carrots diced
- ☐ 2 stalks celery diced
- ☐ 6 cups chicken stock see
- ☐ 0.3 cup chives chopped

- ☐ 8 servings chives chopped for garnish
- ☐ 2 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups flour all-purpose
- ☐ 1 head garlic split
- ☐ 2 cloves garlic minced
- ☐ 0.3 cup heavy cream
- ☐ 2 tablespoons oil
- ☐ 1 cup pearl onions frozen
- ☐ 1 cup peas frozen
- ☐ 4 to 5 peppercorns black
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons salt
- ☐ 6 sprigs thyme leaves
- ☐ 3 pound meat from a rotisserie chicken whole organic

Equipment

- ☐ bowl
- ☐ whisk
- ☐ dutch oven
- ☐ cutting board

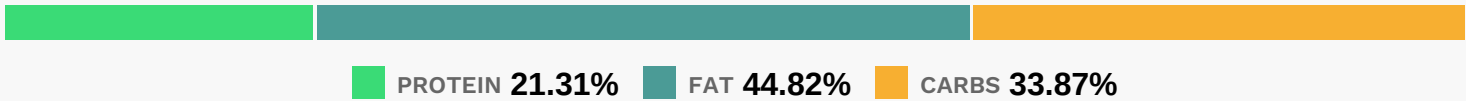
Directions

- ☐ Place the chicken and all stock ingredients in a large Dutch oven and cover with water. Set over medium-high heat and bring to a boil. Reduce heat to a simmer and cook for 1 hour until the chicken is tender. Skim the surface of fat and scum as it cooks.
- ☐ When done remove the chicken to a cutting board. Strain the stock and shred the meat into big pieces – the stock will be used for the sauce and the chicken will be folded into it.
- ☐ Sift the dry ingredients together in a large bowl. In a small bowl, using a whisk, lightly beat the eggs, chives and buttermilk together; pour the liquid ingredients into the dry ingredients and

gently fold.

- ☐ Mix just until the dough comes together; the batter should be thick and cake-like.
- ☐ To prepare sauce: In a Dutch oven, over medium heat, add the butter and oil.
- ☐ Add the carrot, celery, garlic, and bay leaves and saute until the vegetables are soft, about 5 minutes. Stir in the flour to make a roux. Continue to stir and cook for 2 minutes to coat the flour and remove the starchy taste. Slowly pour in the chicken stock, 1 cup at a time, stirring well after each addition.
- ☐ Add frozen peas and pearl onions.
- ☐ Let sauce simmer until it is thick enough to coat the back of a spoon, about 15 minutes. Stir in heavy cream.
- ☐ Fold the reserved shredded chicken into the sauce and bring up to a simmer. Using 2 spoons, carefully drop heaping tablespoonfuls of the dumpling batter into the hot mixture. The dumplings should cover the top of the sauce, but should not be touching or crowded.
- ☐ Let the dumplings poach for 10 to 15 minutes until they are firm and puffy.
- ☐ Remove and discard the bay leaves. Season with freshly cracked black pepper and garnish with chopped chives before serving.

Nutrition Facts



Properties

Glycemic Index:91.52, Glycemic Load:22.43, Inflammation Score:-10, Nutrition Score:23.431739102239%

Flavonoids

Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg

Nutrients (% of daily need)

Calories: 522.49kcal (26.12%), Fat: 25.83g (39.73%), Saturated Fat: 8.74g (54.61%), Carbohydrates: 43.92g (14.64%), Net Carbohydrates: 40.55g (14.75%), Sugar: 7.52g (8.36%), Cholesterol: 125.96mg (41.99%), Sodium: 2594.31mg (112.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.62g (55.25%), Vitamin A: 3281.16IU (65.62%), Vitamin B3: 11.16mg (55.81%), Selenium: 33.27µg (47.53%), Vitamin B2: 0.59mg (34.5%), Phosphorus:

330.27mg (33.03%), Vitamin B1: 0.49mg (32.62%), Vitamin B6: 0.59mg (29.72%), Folate: 111.73µg (27.93%),
Manganese: 0.52mg (26.14%), Iron: 3.79mg (21.07%), Vitamin C: 16.2mg (19.64%), Vitamin K: 19.44µg (18.51%),
Calcium: 180.88mg (18.09%), Potassium: 627.71mg (17.93%), Zinc: 2.22mg (14.83%), Copper: 0.28mg (13.97%), Fiber:
3.37g (13.48%), Vitamin B5: 1.33mg (13.33%), Magnesium: 51.24mg (12.81%), Vitamin E: 1.38mg (9.2%), Vitamin B12:
0.47µg (7.87%), Vitamin D: 0.79µg (5.3%)