

Chicken and Dumplings

To make the Velouté Sauce:

4 tbs butter
4-8 tbs of flour (depending on how thick you want it)
1 rib celery
1 small carrot
1 bay leaf
2 sprigs of thyme
Salt and pepper to taste
3-4 cups of chicken broth
1/8 cup of heavy cream

1. Heat a heavy-bottomed pot over medium to medium-low heat. Add the butter, followed by the celery, carrots, and a pinch of salt.
2. Sweat until the vegetables become soft, about 10 minutes or so. Once softened, add the garlic and cook until fragrant.
3. Slinger with the flour (French term for sprinkling over ingredients cooked in fat) to make a roux. Stir to combine.
4. Temper in the cold broth a bit at a time. Bring the sauce to a simmer.
5. Add the bay leaves and thyme and let cook for about 10 to 15 minutes to cook off any starchy flavor.
6. Next, season to taste with salt and pepper.

To make the dumplings

2 cups Flour
2 tbs baking powder
2 tsp salt
¼ cup green onions
2 eggs
1 cup milk

1. finely mince the green onions.
2. In a large bowl, mix the flour, baking powder and salt together.
3. In a separate bowl, lightly beat the eggs with a fork. Add a bit of the buttermilk and blend again before adding the rest. Once fully mixed, add the minced green onions and blend to fully combine.

4. Form a well in the dry ingredients and pour the wet ingredients over top. Quickly but gently fold the ingredients together until the flour is just moistened. Do not overmix.

The method to put it all together

1. Add Chicken to velouté sauce and cook for about 10 minutes. Shred it when cooked completely.
2. Add the heavy cream
3. Using 2 spoons, drop heaping tablespoonfuls of the dumpling mixture into the hot velouté sauce. The dumplings should cover the surface of the pot.
4. Cover and place into the oven for about 15 minutes to poach the dumplings. Once done, the dumplings should be puffy and firm to the touch.
5. To serve, spoon some of the chicken into a warmed bowl and top with one or two of the delicious dumplings.