

Homemade Southern-Style Chicken and Dumplings

From the Kitchen of [Deep South Dish](#)

Ingredients

For the Stock:

- 1 large (4 to 6 pounds) chicken or hen
- Water to cover
- 1 whole celery rib with leaves, rinsed and cut into large chunks
- 1 large carrot, unpeeled, rinsed and cut into large chunks
- 1 medium onion, unpeeled and quartered
- 2 sprigs of fresh parsley
- 1 bay leaf
- 1/2 tablespoon kosher salt

For the Dumplings:

- 2 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/8 teaspoon poultry seasoning
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly cracked black pepper
- 1/3 cup of lard vegetable shortening
- 1 cup buttermilk, more or less

For the Stew:

- 6 tablespoons unsalted butter
- 1/2 cup all-purpose flour
- 1 cup milk
- 2 quarts of the reserved chicken stock
- 1 to 2 teaspoons kosher salt, or to taste
- 1/4 to 1/2 teaspoon of freshly cracked black pepper, or to taste
- 1/4 teaspoon garlic powder, or to taste, optional
- 1 tablespoon chicken base (like Better Than Bouillon)
- 4 cups of the reserved chicken, torn into large pieces

Instructions

1. To prepare the stock, quarter the chicken and place it into a tall stockpot. Cover with water, plus about an extra inch; add the celery, carrot, onion, parsley, bay leaf and salt. Bring to a boil, reduce heat and simmer uncovered, at a steady but low simmer for 1 hour. Do not boil.
2. Remove chicken and once cool enough to handle, hand pull meat into large chunks. You'll want about 4 cups of pulled chicken. Reserve for another use any remaining chicken or freeze for later.
3. Strain stock into a container, discarding the skin, bones and vegetables. Skim off as much fat

from the top of the stock as you can; reserve two quarts. Refrigerate or freeze remaining stock for another use.

4. For the dumplings, whisk together the flour, baking powder, poultry seasoning, salt and pepper.
5. Cut in the lard or shortening to form pebbles; add only enough of the buttermilk so that dough comes together and pulls away from the bowl.
6. Turn out onto a generously floured surface and knead 4 or 5 times, sprinkling the top with additional flour as needed, until dough is smooth and no longer sticky. Separate into two dough balls; set one aside.
7. Roll one ball of the pastry dough very thin, to about 1/8 to 1/4 inch; cut into desired size shape. Sprinkle top of dumplings with additional flour, turn dumplings over and sprinkle the back side with flour. Let rest.
8. Meanwhile, for the stew, melt the butter in a Dutch oven or large pot, stir in the flour, cook over low heat for 1 minute, or until smooth, stirring constantly. Slowly incorporate the milk, a little at a time, and cook over medium heat until you have a milk gravy.
9. Begin adding the 2 quarts of reserved chicken stock. Bring mixture to a boil and stir in the chicken base. Taste, add the salt, pepper and garlic powder, if using.
10. Drop dumplings, one at a time, into the bubbling broth. Bring broth back up to a bubbling simmer, cover and cook for 10 minutes.
11. Meanwhile, roll out and cut the remaining ball of dough. Drop the next set of dumplings, gently stir and continue cooking uncovered, stirring occasionally, another 10 to 15 minutes, or until dumplings are cooked through and tender.
12. When dumplings are tender, add the reserved chicken, gently stir, and cook just until chicken is warmed through. Taste and adjust seasonings.
13. Serve immediately with a side of skillet cornbread, corn muffins or biscuits and a side salad or vegetables, such as crowder peas, Southern green beans, creamed corn or buttered carrots and sweet tea.

Notes

You may also use all chicken thighs or all chicken breasts as well, adjust cooking time as needed. I use a pizza wheel to quickly cut the dumplings. Keep in mind other sources of salt in your recipe (bouillon, butter, chicken base, etc.) before adding any additional salt. Always taste first, add a little, taste and adjust. If you prefer a more soup-like chicken and dumplings, use another quart of chicken stock. May also omit the milk used in the roux. Stew will thicken with refrigeration. Thin with a little milk or chicken broth when gently reheating.

Source: <http://deepsouthdish.com>

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