



Recipe of the Week!

Ann's Famous Chicken and Dumplings

This is the epitome of comfort food and an all time favorite. I even trade with a friend, he makes me cabbage rolls and I make him chicken and dumplings!! What a deal for both of us!! Have this on hand on a cold winter's night coming up and hear the rave reviews.. these are the best chicken and dumplings you will ever taste!!



Ingredients

1 large chicken about 4 lbs. PLUS 4 skin on, bone in chicken breasts
1 small onion sliced
5 carrots, sliced(I like organic)
3-4 ribs celery with leaves chopped
1 tsp. salt
1 Tablespoon or more to taste chicken bouillion granules
4 Tablespoons butter
6 Tablespoons flour
1/8 tsp. Hungarian paprika
1/2 cup light cream
white pepper to taste
parsley

Dumplings: (these are the best, so light and airy!!
Just do not peak while cooking!!!!

2 cups flour
1 teaspoon salt
4 teaspoons baking powder
1 Tablespoon shortening
3/4 cup milk

Directions

Simmer chicken, chicken breasts, onion, carrots, celery, chicken bouillion and salt, in enough water to cover. Cook until the chicken is done, 1 1/2 to 2 hours. Remove chicken and chicken breasts from broth, remove and save 1 quart of broth or so to freeze. When cool enough to handle, remove skin and bones and dice or shred meat. Melt butter in a cup. Stir in the flour mixed with paprika. Add flour paste to chicken stock gradually, stirring constantly; cook for 2 minutes. Add chicken, cream, pepper and adjust seasonings to taste. Spoon dumplings on top of gently bubbling chicken mixture and cover. Cook for 15 minutes AND DO NOT LIFT LID!!! Cover top with some snipped parsley. Serve at once.

To make dumplings, sift dry ingredients together. Blend in shortening with pastry fork. Add milk and mix well. Dip teaspoon into cold water then into dough, and spoon dough onto chicken mixture, covering the top. Cook as per instructions above.