

chicken and dumplings

ingredients:

2 pounds bone-in, skin-on chicken breasts
olive oil (for browning)
4 carrots, peeled and chopped
2 yellow onions, diced
4 stalks celery, chopped
2 Tablespoons fresh thyme
3 cloves fresh garlic, minced
2 dried bay leaves
2 cubes chicken bouillon
1/4 teaspoon poultry seasoning
heaping 1/4 teaspoon onion powder
heaping 1/4 teaspoon garlic powder
1/2 teaspoon salt + pepper
2 3/4 cup flour
1 tablespoon baking powder
1/2 teaspoon baking soda
6 tablespoons melted butter
1 cup buttermilk
2 Tablespoons, chopped flat leaf parsley

directions:

heat olive oil in a large pot or dutch oven over medium-high heat. generously season both sides of the chicken breasts with salt and pepper. place chicken, into hot oil and let brown for 3 - 5 minutes on each side. remove chicken onto a plate, lined with paper towels.

add onions, garlic, celery, carrots, and thyme to the pot. stir with a wooden spoon to help loosen the chicken drippings. cook until vegetables begin to soften slightly. add 10 cups water to the pot, bay leaves, and whole breasts (do not remove meat). with burner on medium-low, cook for 20 - 30 minutes or until chicken is cooked through. remove the bay leaves and let chicken rest on a plate, lined with paper towels. once cooled, remove the skin and pull chicken into bite-sized pieces. return pulled chicken to the pot. add seasonings: chicken bouillon, onion + garlic powders, poultry seasoning, and salt + pepper. stir.

measure 3/4 cup flour, into a small bowl. with a ladle, remove 1 1/2 cups of warm broth and whisk into flour until fully combined (no lumps). pour flour mixture back into soup, while stirring until slightly thickened (approx. 5 - 8 minutes). reduce heat to low.

for the dumplings, combine remaining 2 cups of flour, baking soda, baking powder, parsley, and 1/4 each salt + pepper in a medium-sized bowl. stir until well incorporated. whisk in melted butter and buttermilk, just until combined. divide dough into 8 round balls. drop dumplings on top of soup (burner on low), cover with lid, and simmer until dumplings are firm (approx. 12 minutes and will appear slightly doughy on sides). ladle one dumpling into each bowl and cover with soup.