

GRANNY'S CHICKEN & DUMPLINGS

FROM THE KITCHENS OF BROKEN MOUNTAIN



INGREDIENTS

For the chicken and broth:

- 1 whole chicken (4–5 pounds)
- 10 cups water, plus more as needed
- 1 large onion, diced
- 2 carrots, sliced (or frozen)
- 2 celery stalks, sliced (or frozen)
- 2 tsp. salt (divided)
- 1 tsp. black pepper
- 1 cup heavy cream (optional)

For the dumplings:

- 2 cups all-purpose flour
- 2 tsp. baking powder
- 1 tsp. salt
- ½ cup cold butter, cubed
- ¾ cup reserved chicken broth

DIRECTIONS

1. Place the chicken in a large stockpot with enough water to cover it. Bring to a boil, then reduce the heat and simmer on low for at least two hours (up to four), adding water as needed, until the meat pulls easily from the bone.
2. While the chicken cooks, cut the onion, carrots, and celery.
3. Remove the pot from the heat and allow it to cool. Remove the chicken from the broth, then strain the broth into a clean pot. Reserve ¾ cup of broth for the dough.
4. Add the onion, carrots, celery, 1 tsp. of salt, and pepper to the strained broth. Bring to a simmer.
5. Remove the chicken's skin and bones. Shred the chicken meat by hand and return it to the pot.
6. Combine the flour, baking powder, and 1 teaspoon of salt. Using a pastry cutter or fork, cut in the cold butter until the mixture resembles coarse crumbs. Stir in the reserved broth to form a soft dough.
7. Roll the dough ⅛ inch thick on a floured surface. Use a pizza cutter to cut it into 2-inch squares or strips.
8. Add the dumplings individually, stirring carefully to prevent them from sticking.
9. Cover and simmer on low for 25–30 minutes, until the vegetables and dumplings are tender and the broth has thickened.
10. For a creamier broth, stir in the optional heavy cream and simmer uncovered for another 5 minutes.