

Chicken and Dumplings

~A recipe from the personal cookbook of Christine Hughes

Ingredients:

- 1 Rotisserie Chicken
- Sautéed Vegetables: Carrots, Celery, Onions, Garlic & Butter
- 2 TBSP Chicken Bullion
- 2 Bay Leaves
- 1 tsp Parsley Flakes
- 1/2 tsp Basil
- 1 1/2 tsp Garlic Salt
- 32oz Chicken Broth
- Water - Enough to cover about 2" over meat & veggies
- 5 TBSP Butter Flavored Crisco
- 3 Cups Flour
- 1 tsp of Baking Soda
- 1 1/8 Cups Buttermilk

Directions

Peel and slice/dice 4 carrots to equal about 1 1/2 cups. In a large stock pot, cook carrots in about 6 cups of boiling water till ala dente.

Chop 3-4 stalks of celery to equal about 1 cup and put in a skillet with 1 cup of diced onions and about 2 tsp of fresh garlic. Sauté in 3 tsp of butter until onions are clear and celery is ala dente.

While carrots are boiling and veggies are sautéing; debone and cut 1 large rotisserie chicken into chunks.

Add diced chicken and sautéed vegetables to stock pot. Then add Chicken Broth, bullion, bay leaves, parsley, basil and garlic salt to the pot. Heat until boiling.

While the soup is coming to a boil, prepare the dumplings.

In Mixing bowl, cut 5 TBS of Crisco into 3 cups of flour. Add 1 tsp baking soda and 1 tsp of salt; mix well. With rubber scraper, mix in 1 1/8 cups of buttermilk until it is substantially soaked into the flour. Pour out onto solid surface and knead into a ball. Roll out dough to about 1/8" thick and cut into 1" square pieces.

Add Additional water (if needed) so you have 2" of water on top of vegetables and chicken.

Once Soup is at a rolling boil, drop dough into the soup, folding the dumplings into the soup carefully. The dumplings are done when they float to the top and they have doubled in size; Note that this only takes about 2 minutes.

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