

Chicken Dumpling Soup (Slippery Dumplings) ✓

When I was a child we used the oldest and meanest rooster to make chicken and dumplings. The only way that tough old bird was edible was to boil it until the meat was falling off of the bones. That also made an extra hearty broth with lots of chicken flavor.

You need an extra hearty broth to make good chicken and dumplings, but you can't buy old mean roosters at the local market. This recipe tries to duplicate that old mean rooster flavor using tender young grocery store chickens.

Broth: When I buy rotisserie chickens I save the bones in the freezer and when I have 2-3 the skeletons I put them in a slow cooker or pressure cooker and make enough extra hearty broth for this recipe.

Dumpling: Most recipes rely on the dumplings to adsorb chicken broth as they cook to give them a chicken flavor. This recipe seasons the dough and uses chicken broth instead of water to make the dough, which adds some chicken flavor to the raw dough.

Serves: Eight

Soup	2 to 4	lb.	Chicken (skinned, de-boned, and cubed)
	1	large	chopped Onion
	2	large	chopped Carrot
	2	stalks	chopped Celery (with leaves)
	1/2 to 1	tsp.	Black Pepper
		dried	Parsley, Basal, Oregano, & Thyme to your taste
	8	cups	hearty Chicken Broth (add a little low salt bullion if necessary)
	1	12 oz. can	Whole Kernel Corn (optional)
	1	12 oz. can	Green Peas (optional)

Dumpling:

dry	2	cups	Flour
	2	tsp.	Baking Powder
	1/2	tsp.	Garlic Powder
	1/2	tsp.	Black Pepper
	2	Tbsp.	dried Parsley
liquid	1		Egg
	2	tsp.	Chicken Fat (or cooking oil)
	3/4	cup	Chicken Broth

Soup: Combine all of the soup Ingredients in a large pot. Cover and simmer for an hour.



Dumpling: Combine all of the dry Ingredients and mix thoroughly. Stir in the oil, egg, and broth until moist (it may take less or more broth than called for). Turn out on a floured surface, knead it like you are making bread, roll out until it is 1/8 inch thick, and then cut into 1x3 inch strips using a pizza cutter.

Finish: Drop dumplings into the simmering broth. Cover and simmer for at least 20 minutes, until the dumplings are plump and tender.

When the dumplings are first added they will float to the top and when they are cooked they will sink.

Thicken: Blend 2 Tbsp. flour with a cup of water, add to the broth, and cook 10 minutes more.

Note: I often make this recipe using the meat from a rotisserie chicken instead of raw meat.