

Chicken and Dumplings

Chicken and Stock

1 5 lb. whole organic chicken
3 bay leaves
6 sprigs fresh thyme
8 black peppercorns
1 head garlic, split through the equator
2 tbs. Kosher salt

Buttermilk-Chive Dumplings

2 cups all-purpose flour
1 tbs. baking powder
1 tsp. table salt (Morton)
2 eggs
1 cup buttermilk
1/4 cup chopped chives

Sauce

2 tbs. unsalted butter
2 tbs. EVOO
3 carrots, peeled and diced (or about 20 baby carrots, diced)
3 stalks celery, diced
3 bay leaves
5 cloves garlic, minced or pressed
3/4 cup all-purpose flour, divided (1/2 cup + 1/4 cup)
7 cups chicken stock, divided (6 cups + 1 cup)
1/4 cup heavy cream
Kosher salt, to taste (about 1 tsp.)
Freshly ground black pepper, to taste (about 1/4 tsp.)
1 cup frozen peas
1 cup frozen pearl onions
1 lb. cooked, chopped chicken (from above Chicken + Stock recipe)
Chopped chives, for garnish

For the Stock

Place the chicken and all stock ingredients in a large stock pot and cover with cold water to about 1" above the chicken. Place pot on stove over high heat and bring to a boil. Reduce heat medium and simmer for 1 1/2 hours until the chicken is cooked through. Skim the fat and scum off the surface.

After the chicken is cooked, place a large colander or sieve inside an even larger bowl. Strain the chicken and stock into the sieve. Repeat the process using as many bowls as needed to strain out all of the stock. Place the cooked chicken on a large cutting board and allow to cool. Pick apart the pieces of the chicken you'd like to cook with later and discard the rest. Cover the chicken and store in the fridge. Allow the stock to cool, cover, and place in the fridge until you're ready to cook.

The stock and chicken can be made up to two days ahead of time. You can also use store bought chicken stock and shred a rotisserie chicken to save time and skip this step.

For the Dumplings

Sift together the flour, baking powder, and salt in a large bowl. In a large measuring cup, measure out 1 cup of buttermilk. Whisk in the eggs and chives until combined. Pour the wet ingredients into the dry and stir just until they come together. The batter should be very thick and cake-like. Cover with plastic wrap and refrigerate biscuit dough until ready to use.

The dumplings can be made one day ahead of time.

For the Sauce

In a large Dutch oven, over medium-high heat, add the butter and oil. Add the carrot, celery, and bay leaves and sauté until the vegetables are soft, about 8 minutes. Add garlic and sauté for an additional minute.

Sprinkle in 1/2 cup of flour to make a roux (this makes the sauce thicken). Continue to stir and cook for 2 minutes to coat the vegetables in the flour.

Slowly pour in a total of 6 cups of chicken stock, one cup at a time, stirring well after each addition. Using a wooden spoon, be sure to scrape the pot to get all the yummy fond off the bottom. Simmer 10 minutes, stirring occasionally.

Reduce heat to medium-low, and add heavy cream, Kosher salt, and freshly ground black pepper.

Allow to simmer for 15 minutes, until thickened. If sauce is not thick enough to coat the back of a spoon, then combine 1 cup of chicken stock and 1/4 cup flour in a small measuring cup, whisking until smooth. Slowly pour this mixture in to the large pot, stirring to combine. Allow to simmer for 5 minutes, stirring occasionally.

Once sauce has thickened, add frozen peas and pearl onions. Cook for 15 minutes, stirring occasionally. Remove and discard the bay leaves. Taste and adjust seasonings as needed.

Reduce heat to low and fold in the reserved, chopped chicken into the sauce.

Using 2 spoons, carefully drop heaping tablespoonfuls of the dumpling batter into the hot mixture. Evenly distribute the dumplings so they cover the top of the sauce. Poach the dumplings for about 10 minutes, turn, and continue an additional 5 until the dumplings are fluffy and cooked through.

Remove from heat and let sit 10 minutes before serving. Garnish with chopped chives.

Freeze reserved chicken stock and shredded chicken in airtight containers for up to 6 months for the stock and 3 months for the chicken.

