



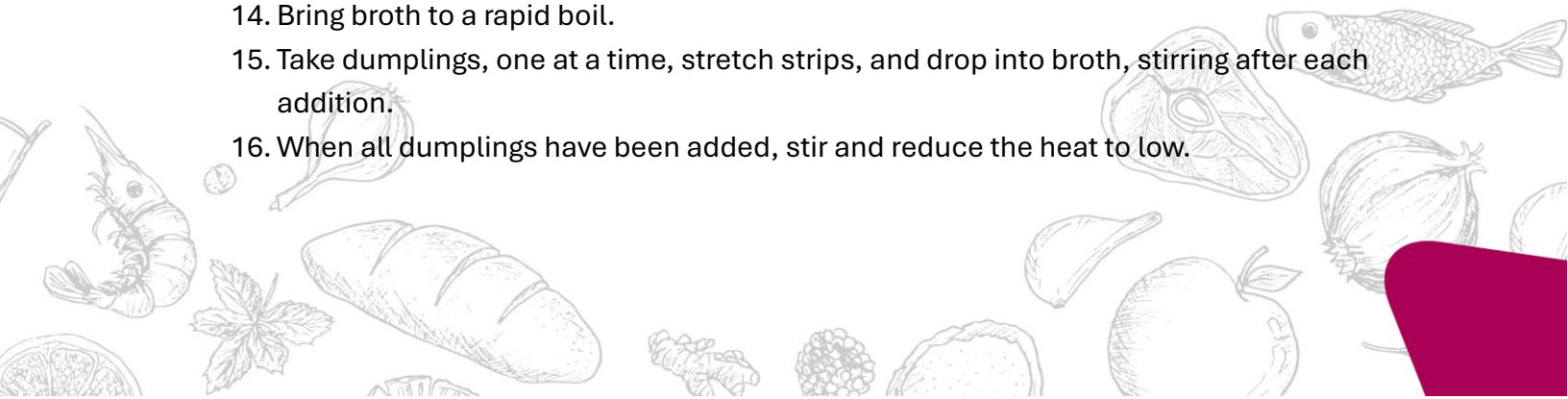
Chicken and Dumplings

INGREDIENTS LIST:

- 1 large fresh fryer chicken (not frozen)
- 1 tsp. salt
- ½ tsp. black pepper
- At least 6 finely chopped green onions, including tops
- 1 rib celery
- 2 cups all-purpose flour
- 1 tsp. salt
- 1 tsp. baking powder
- 1 Tbsp. solid all-vegetable shortening
- 1 cup milk
- Your favorite herbs

RECIPE INSTRUCTIONS:

1. Cut the chicken into pieces and put it in a large pot.
2. Cover with at least 8 cups of water.
3. Season with salt and pepper. Add green onions and celery.
4. Simmer 30 minutes or until tender.
5. Let chicken cool in liquid.
6. Remove chicken; set aside to cool.
7. Remove skin and cut or pull chicken off in bite-sized chunks.
8. Mix flour, salt, and baking powder, cut in shortening, and add water.
9. Mix with a fork or your hands.
10. Add enough flour to knead until smooth.
11. Wrap in a towel or plastic wrap and refrigerate at least 30 minutes or until cold.
12. Roll out on a floured board and cut into strips.
13. Let sit uncovered 30 minutes.
14. Bring broth to a rapid boil.
15. Take dumplings, one at a time, stretch strips, and drop into broth, stirring after each addition.
16. When all dumplings have been added, stir and reduce the heat to low.





17. Cook over low heat 10 minutes, stirring occasionally.
18. Add warm milk, cook 10 minutes more, and stir.
19. Turn up the heat a little and cook with the lid off until the juice thickens, or about five minutes.
20. Add chicken, cover the pot, and turn off the heat.
21. Let dumplings sit five to ten minutes before serving.
22. You can add about ¼ tsp. of fresh or dried herbs (you may have to add more salt)
23. Be sure dumplings are cooked until tender.

