

Old Fashioned Chicken Stew with Dumplings – Annabel Taylor

1 frying chicken (1/5 kg) cut up, or chicken parts

2 T oil

125 g slab bacon or ham, diced to $\frac{1}{2}$ "

1 $\frac{1}{2}$ c each coarsely chopped: peeled carrots, parsnips, rutabagas, potatoes

6 T flour

3 c (750 ml) chicken stock

1 c milk

1 c whipping cream

$\frac{1}{2}$ c dry sherry

1 T finely grated lemon rind

1 t each: salt, cracked black pepper and dried thyme

2 T fresh lemon juice

$\frac{1}{4}$ t ground nutmeg

Savoury Sage Dumplings (below)

1. Rinse chicken pieces in cool water and pat dry.

2. Heat large 5-6 l Dutch oven. Add oil and chicken pieces. Brown quickly on all sides until pale golden. Remove chicken and set aside.

3. Sauté the bacon/ham and onions until onion is pale golden and meat is slightly crispy. Remove with a slotted spoon and add to chicken pieces.

4. Sprinkle the flour over the pan drippings, loosening up any stuck bits, cook until bubbly ~3 minutes.

5. Whisk in chicken stock and bring to a boil. Cook 2-3 minutes. Whisk in the milk, cream, sherry, lemon rind, salt, pepper, thyme, lemon juice and nutmeg.

6. Bring mixture to a gentle boil, reduce the heat, add chicken, onions, bacon/ham, and vegetables.

7. Return the stew to a simmer, partially cover, and cook 30 minutes until the chicken is almost tender. Skim off any fat that rises to the surface. Prepare the dumpling mixture as the stew simmers.

Savoury Sage Dumplings

2 c flour

4 t baking powder

½ t each: salt and cracked black pepper

3 T minced fresh sage OR 1 T dried sage, crumbled

2 T minced fresh parsley

1 T finely grated lemon rind

6 T chilled butter

1 c buttermilk

1. Sift together flour, baking powder, salt, ad pepper.
2. Whisk in the minced sage, parsley and lemon rind.
3. With a pastry blender, cut in the butter until the mixture resembles coarse bread crumbs.
4. Add buttermilk. Stir lightly with a fork until the dough holds together and cleans the sides of the bowl.
5. Gently form the dough into 12 rough-shaped balls, handling lightly with floured hands.
6. Drop the dumplings on the top of the stew, leaving a bit of space to allow them to expand.
7. Cover the pot tightly with a domed lid and cook over low heat for 20-25 mintues (no peaking) until the dumplings are puffed, firm and springy to the touch. They are done when a bamboo skewer comes out clean.