

Chicken & Dumplings



Personal Chef Service

Voted CincyMagazine "2012 Best Chef"

Voted "2011 Personal Chef of the Year"

Voted CityBeat "2011 & 2012 Best Caterer"

Serves 6

1/2c butter, divided use

1 1/2 pounds chicken breast, cut into 1" pieces

1c onion, chopped

4 celery stalks, thinly sliced

1c baby carrots, thinly sliced

1/4c all~purpose flour

1t dried thyme

8c chicken stock

2c all~purpose flour

1T baking powder

3/4c buttermilk

1/2t salt

Melt half of the butter in large stock pot. Add chicken, onion and celery and cook about 5 minutes, stirring occasionally. Add remaining butter, celery and carrots and cook 2 minutes.

Sprinkle flour over chicken mixture, stir well and cook for 2 minutes. Add thyme and chicken stock and stir well until broth starts to thicken. Reduce heat and simmer 20 minutes.

In small bowl mix together flour, baking powder, buttermilk and salt. Drop dumplings by tablespoonfuls into chicken soup. Stir gently and simmer 15 minutes or until dumplings are cooked through.

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Debbie Spangler ~ Certified Personal Chef

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