

Chicken and Dumplings with a Creamy Twist

Ingredients

For the Stew:

- 3 tbsp butter
- 1 tbsp olive oil
- 1 medium onion, diced
- 1 cup sliced carrots
- 2 celery stalks, sliced
- 3 garlic cloves, minced
- 1/4 cup all-purpose flour
- 1 tsp dried thyme
- 1 tsp dried parsley
- 1 bay leaf
- 6 cups chicken broth
- 2 cups cooked chicken, shredded
- 1 cup whole milk or heavy cream
- Salt and black pepper, to taste

For the Dumplings:

- 2 cups all-purpose flour
- 1 tbsp baking powder
- 1 tsp salt
- 1/4 tsp black pepper
- 2 tbsp butter, melted
- 1 cup whole milk

Shortcut Option:

- 1 can biscuit dough, cut into pieces

Instructions

1. Melt butter and olive oil in a large pot over medium heat. Add onion, carrots, and celery. Cook for 5 minutes. Stir in garlic.
2. Sprinkle flour over vegetables and stir for 1–2 minutes.
3. Slowly whisk in chicken broth and scrape the bottom. Add thyme, parsley, and bay leaf. Simmer for 10 minutes.
4. Add shredded chicken. Reduce heat to low.
5. For homemade dumplings, mix dry ingredients. Add melted butter and milk.
6. For shortcut dumplings, cut biscuit dough into pieces.
7. Drop spoonfuls of dough into simmering stew. Cover and cook for 15 minutes.
8. Stir in milk or cream. Season with salt and pepper. Remove bay leaf.

Note & Storage

- Store leftovers in the fridge for up to 3 days.
- Reheat gently on the stove with extra milk or broth if needed.
- Dumplings don't freeze well.
- Roux gives body; milk or cream smooths it.
- Keep lid on while dumplings cook.
- Use half milk and half heavy cream for a richer result.