

Chicken and Dumplings

(Hähnchen Klöse)



Ingredients:

meat from one 4 lb frying chicken,
1 cup diced carrots
1 cup diced leeks
1 cup diced onions
1 cup diced celery
1 quart chicken stock

slurry
1 / 2 cup flour
1 cup cold water

1 / 4 cup chopped parsley for
garnish.

Note: If it is hard to find leeks then
substitute another cup of onions.



1. Dice the vegetables into
about a half inch dice. It is
important that it keeps a nice
well defined size after
cooking, but is just a nice
bite.

too small the vegetables will
breakdown and the stew
looks like hodge podge.



2. Here is the chicken meat
that I pulled off the bones
after simmering it in
water, with a bit of onion,
peppercorns , and 2 bay
leaves.

keep it in nice size chunks.
Use the stock for the sauce.



3. Simmer the vegetables in stock.
When they are tender mix 1 / 2 cup flour into 1 cup water till dissolved to make the slurry. Add this a little at a time to the simmering stock to thicken it. You don't want the gravy too thick. If it coats the bottom of a ladle or spoon is a good test of the proper thickness. Here you can see that you can see the vegetables through the stock.



This stew works very well with dumplings.