

Helergon Kitchen

Old Fashioned Chicken and Dumplings

20 min Prep time	**1 h 30 min** Cook time	**1 h 50 min** Total time
8 Servings	**Medium** Difficulty	**American** Cuisine

Ingredients

For the Chicken and Stew

- [ ] 4 bone-in, skin-on chicken thighs
- [ ] 2 medium carrots, diced
- [ ] 2 celery stalks, diced
- [ ] 1 large onion, chopped
- [ ] 3 cloves garlic, minced
- [ ] 2 bay leaves
- [ ] 1 teaspoon dried thyme
- [ ] 1 teaspoon dried parsley
- [ ] 1 cup all-purpose flour, divided
- [ ] 1 teaspoon salt, divided
- [ ] ½ teaspoon black pepper
- [ ] 4 tablespoons butter
- [ ] 4 cups chicken broth

For the Dumplings

- [ ] 2 teaspoons baking powder
- [ ] 2 cups milk, warmed
- [ ] 1 egg, lightly beaten

Garnish

- [ ] 1/4 cup fresh parsley, chopped (for garnish)

Instructions

1. First things first, go ahead and preheat your oven to 350°F (175°C). Now, take those 4 bone-in, skin-on chicken thighs and give them a good seasoning with ½ teaspoon salt, black pepper, dried thyme, and dried parsley. I like to really rub it in there so every bit is covered.

2. Grab your large Dutch oven and melt 2 tablespoons of butter over medium heat. Once it's bubbly, brown the chicken thighs on both sides for about 4-5 minutes per side. Wow, that smell is already wonderful. Once they're golden, just remove them and set them aside for a bit.

3. In that same pot—don't wash it, we want those brown bits!—add the remaining 2 tablespoons butter, your onion, carrots, and celery. Sauté them until they've softened up, which takes about 5-6 minutes. Stir in the minced garlic and cook for just 1 minute more.

4. Now, sprinkle ¾ cup of flour into those vegetables. Keep stirring constantly to form a roux; it's a bit of a workout, but it's worth it. Cook for about 2 minutes until it's just lightly browned.

5. Slowly whisk in 4 cups of chicken broth. Add in the bay leaves, fresh milk, the remaining ¼ cup flour, ½ teaspoon salt, and black pepper. Bring it to a gentle simmer and keep stirring until the broth thickens up, which should take about 10 minutes.

6. Put those browned chicken thighs back into the pot. Reduce your heat to low, pop the cover on, and let it all simmer quietly for 45 minutes, or until the chicken is tender and fully cooked.

7. While the chicken is doing its thing, let's make the dough. In a bowl, combine the remaining ¼ cup flour, baking powder, and ½ teaspoon salt. Stir in the warmed milk, beaten egg, and 2 tablespoons butter until it's a smooth dough. So soft!

8. Gently drop spoonfuls of that dumpling dough right into the simmering broth. Cover it back up and cook for 15 minutes. You want them soft and puffed, but honestly, be careful not to overcook them.

9. Finally, fish out those bay leaves, give the seasoning one last check, and turn off the heat. Sprinkle that chopped parsley over the top for a little pop of color before you serve it.

Nutrition per serving

480 kcal	36 g	34 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Bone-in chicken really creates a deeper, more soulful broth than boneless cuts.
- The roux is the secret to that rich, creamy consistency without needing heavy cream.
- Warming the milk for the dumplings helps them incorporate more smoothly into the dough.