



Edna Lewis's Chicken with Dumplings

Add a few bay leaves, parsley, even chopped carrots, if you like, to the simmering chicken. Begin with 8 cups of water if you are simmering the dumplings. If you decide to bake off the dough into biscuits, reduce the liquid in the pot to 7 cups, or just to cover the chicken.

Makes 6 to 8 servings

Prep: 25 to 30 minutes

Cook: 2 hours

- 3 tablespoons butter or vegetable oil
 - 3 to 4 pounds chicken with bones
 - 3 to 4 extra chicken wings
 - 1 medium onion, minced, about 1 cup
 - 8 cups water
 - Kosher salt and freshly ground black pepper
 - 2 ribs celery with leaves
 - **Dumplings:**
 - 2 cups all-purpose flour
 - 1/2 teaspoon kosher salt
 - 2 teaspoons baking powder
 - 2 tablespoons cold unsalted butter
 - 2/3 cup whole milk
 - Chopped parsley and fresh thyme leaves, for garnish
1. For the chicken, heat a large cooking pot, and add the butter or oil. Place the chicken skin-side down into the fat, and add the minced onion. Cook over low heat until the onions are soft and the chicken just begins to brown, about 3 to 4 minutes, then turn the pieces and repeat. Add the water, salt and pepper, and the celery. Cover the pan, and bring to a boil, then reduce the heat and let simmer until the chicken has cooked though, 1 hour 30 to 40 minutes.
 2. Turn off the heat, and remove the lid. Let the chicken cool in the broth 10 minutes. Remove the chicken and celery from the broth. Once the chicken is cool enough to handle, you can remove the chicken from the bones. For even better flavor, add the bones and skin back to the pot, and bring the mixture to a simmer, covered, for 30

more minutes. Turn off the heat, strain the broth and remove the bones and celery, and return the strained broth to the pot.

3. Make the dumplings. Whisk together the flour, salt, and baking powder in a medium bowl. Cut the butter into smaller pieces, and with your hands press the butter into the flour mixture until it looks like coarse peas. Pour in the milk, and stir together with a fork until it comes together into a ball.
4. Turn the dough out onto a lightly floured surface, and roll to 1/4-inch thickness for steamed dumplings, or pat to 1/2-inch if rolling out biscuits to bake. Cut into small rounds or 2-inch strips or diamonds. Bring the broth to a simmer and drop the dumplings into the broth a few at a time. Cover the pan, and let the dumplings simmer for 20 minutes, or until tender. Or, cut the dough into rounds, and bake the biscuits at 425° F until lightly browned, 10 to 15 minutes, depending on size.
5. To serve, taste the broth and adjust seasoning. Shred the chicken into serving bowls, and spoon the warm broth and dumplings over. (Or split the biscuits into the bowls, top with chicken, and spoon the broth over.) Garnish with fresh thyme and chopped parsley.