

Chicken and Dumplings

Notebook: Chicken / Turkey

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Location: 40°30'13 N 79°45'15 W

Chicken and Dumplings

Cracker Barrel Dumplings can be made at home and they will taste so good.

Prep Time 20 minutes

Cook Time 20 minutes

Total Time 40 minutes

Servings 4 - 6

Ingredients

- 2 cups all-purpose flour plus more for kneading and rolling
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup whole milk
- 1/4 cup vegetable oil
- 2 quarts water
- 3 chicken bouillon cubes
- 3 tablespoons butter
- 1 teaspoon salt
- 1/4 cup all-purpose flour
- 1/2 teaspoon sugar
- 1 cup buttermilk or whole milk
- about 1 tablespoon chicken soup base (I used Better than Bouillon brand)
- 3/4 to 1 cup dumpling cooking liquid (from after dumplings have been cooked) I save all the liquid and add as much as needed to get the amount of sauce you want. I keep the rest of the liquid in a container to add to leftovers as the sauce tends to get absorbed.

Instructions

Dumplings

Mix the flour, baking powder, salt, milk, and oil, blending well, and turn out onto a floured surface. Knead four or five times. Divide the dough into two (or three) pieces. Roll out one piece to 1/8-inch thick and cut into 1 x 1 1/2-inch dumplings (I use a pizza cutter). In a large saucepan, combine the water and bouillon cubes .

Boil until the bouillon cubes dissolve. Cook half of the dumplings until just about done; dumplings are done when they float up towards the top of the pot. Use a strainer to remove them to a bowl and set aside. Run under cold water so they don't stick together.

Finish the rest of the dumplings in the same way. Reserve the cooking liquid.

Sauce

While the dumplings are cooking, you can start to prepare the sauce. Melt the butter in medium saucepan. Add salt and flour; stir until thick. Mix the sugar with the milk and add to flour mixture a little at a time, stirring constantly with a whisk until thick and smooth.

Remove from heat. Add the cooked dumplings to the sauce. Add the chicken soup base (or a couple of bouillon cubes) in 1/2 cup of the cooking liquid and stir gently into the sauce and dumplings. Return to low heat and simmer until blended. If the sauce seems too thick, gently stir in a little more cooking liquid until desired consistency.

I add broken up pieces of rotisserie chicken. I used just over 1/2 chicken. I add a can of green beans. Just need to heat thoroughly and it's ready.