



Southern Style Chicken and Dumplings

Oscar · 28/09/2024



Prep Time

N/A

Difficult

Medium

Servings

N/A

Description

A southern favorite and the hit of our family reunion in 1995

Ingredients

- - 1 (3 pound) whole chicken - 1 onion
- quartered - 2 slices lemon - salt and pepper to taste - 3 cups water - 1 bay leaf - ½ teaspoon dried thyme - 2 cups all-purpose flour - 3 tablespoons shortening - 1 teaspoon salt - ¼ cup water

Instructions

1. In a heavy pot with a lid place the chicken
2. onion
3. lemon
4. salt
5. pepper
6. water
7. bay leaf and thyme. Simmer all over low heat until tender
8. about 1 hour. Let chicken cool slightly in pot
9. then remove and take the meat off of the bones. Discard the bones and skin and skim excess fat off the broth if desired. Discard the onion
10. lemon and bay leaf. If desired
11. wash out pot well. Return broth and chicken pieces to the pot. Simmer over low heat while making the dumplings. To Make Dumplings: In a medium mixing bowl
12. cut shortening into the flour and salt. Stir in 1/4 cup water (more if needed) to form a soft dough. Roll out dough on a floured surface
13. with a rolling pin
14. until very thin. Cut into 1 inch wide strips using a pizza cutter or knife. Tear off 1 inch long pieces from these strips and drop into simmering broth and chicken meat. Simmer for 10 minutes with the lid off
15. then 10 minutes more with the lid on. Serve immediately.