



## Chicken and Dumplings

*This recipe is from Leah Koenig as taught to her by her mom, Carol Koenig, who adapted it from [A Culinary Collection from The Metropolitan Museum of Art](#). These days, Leah's family keeps a kosher kitchen, so she included a couple of ingredient substitutions that she makes in the recipe below to avoid mixing meat and dairy. However you choose to make it (with dairy or without), plan to lick the plate clean!*

Serves 4 to 6

### For the Chicken Stock:

1 4-pound (1.8 kg) chicken, cut into eight pieces

1 large onion, halved (peel on is fine)

3 celery stalks, trimmed and halved

2 large carrots, peeled and halved

1 large handful parsley (stems okay)

2 bay leaves

Optional: 4 garlic cloves (smashed and peeled), 1 parsnip, peeled

### For the Gravy:

3 cups (710 ml) of the Chicken Stock

6 tablespoons of butter or vegan butter (I use Earth Balance)

6 tablespoons all-purpose flour

1 1/4 teaspoons kosher salt, plus more as needed

1/4 teaspoon freshly ground black pepper

### For the Dumplings:

1 1/2 cups (210 g) all-purpose flour

2 1/4 teaspoons baking powder

3/4 teaspoon kosher salt

2 tablespoons cold butter or vegan butter, cut into small pieces

3/4 cup milk (or plant-based milk like almond)

Chopped fresh parsley and freshly ground black pepper, for serving

1. Make the Chicken Stock: Add the chicken pieces to a soup pot along with the onion, celery, carrots, parsley, and bay leaves, plus the garlic and parsnip, if using. Add cold water to just cover, then bring to a boil over high heat. Lower heat to low and cook, partially covered, until the meat is very tender, about 1 1/2 hours. (The soup should roll along at a slow, rather than vigorous, bubble.)
2. Remove the chicken pieces from the stock, let cool to the touch, then separate the meat from the bone in large pieces. Set meat side, discarding bones. Strain out and discard the vegetables from the stock. Proceed with making the gravy or, if desired, chill the cooled stock in the refrigerator overnight and skim off the solidified fat, then proceed.
3. Make the Gravy: Gently warm the 3 cups of stock (saving the rest for another use) in a small saucepan set over medium heat. Meanwhile, melt the butter in a large frying pan set over medium heat. Add the flour, whisking vigorously until the mixture forms a smooth roux.
4. Gradually add the warmed stock, stirring constantly, until smooth. Lower heat to low and simmer, stirring occasionally and skimming off any film that forms on the surface, until it thickens into a loose gravy, 15 to 20 minutes. Stir in the salt and pepper (if you used a salted vegan butter instead of unsalted butter, start with 1 teaspoon of salt), followed by the chicken pieces. Taste and add more salt, if desired. Remove from the heat.
5. Make the Dumplings: Sift the flour, baking powder, and salt into a medium bowl. Add the butter pieces and use your fingers or a fork to work them into the flour until the mixture looks crumbly. Stir in the milk to form a thick batter. (Do not over mix, or the dumplings will be heavy and doughy.)
6. Set the frying pan with the chicken and sauce back over medium heat until gently bubbling. Drop the dough by the rounded tablespoon evenly across the sauce, then lower heat to medium-low, cover pan, and cook until dumplings are puffed and cooked through, about 15 minutes. Serve, topped with chopped parsley and a few generous grinds of black pepper.