



8 servings  
2 hours

## Chicken Stew with Dumplings

*A great Saturday night supper with tender homemade dumplings.*

### Stew

2½ to 3 lb. (1,1 to 1,3 kg) chicken thighs  
5 c. (1,3 L) water  
4 new red potatoes, cut into sixths  
3 carrots, cut into quarters  
2 stalks celery, sliced ¼" (0,5 cm)  
1 med. onion, cut into eighths  
10-oz. (350-g) pkg. frozen peas  
½ tsp. (2 mL) salt  
Pinch of pepper

In Dutch oven place chicken; cover with water. Cover; cook over med. heat until fork tender (50 to 60 min.). Remove chicken from broth; skim fat. Remove chicken from bones; return to broth. Add remaining stew ingredients. Cover; cook over med. heat until vegetables are fork tender (15 to 20 min.). In large bowl stir together flour, baking powder and salt. Cut in butter until mixture is crumbly. Stir in milk and parsley. Drop dumplings by rounded tablespoonfuls into hot stew. Cook, uncovered, 10 min. Cover; continue cooking until dumplings are tender (8 to 10 min.).

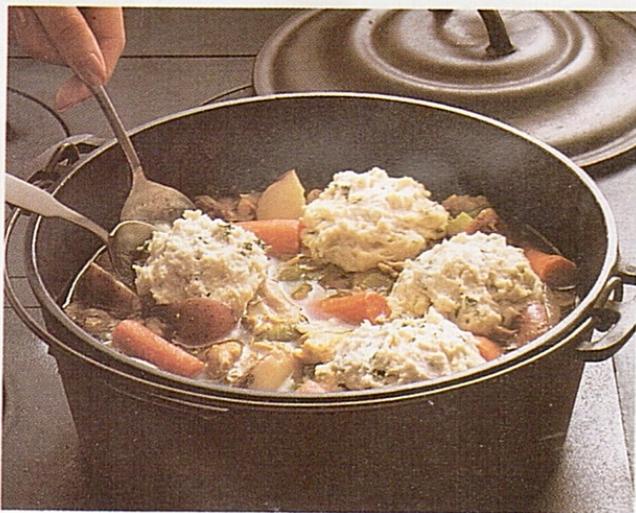
**Microwave Directions:** Cut carrots into ¼" (0,5 cm) slices. Reduce baking powder to 1¾ tsp. (7 mL), butter to 1½ tbsp. (20 mL) and milk to ½ c. (125 mL) plus

### Dumplings

1½ c. (375 mL) all-purpose flour  
2 tsp. (10 mL) baking powder  
¾ tsp. (3 mL) salt  
3 tbsp. (45 mL) butter or margarine, softened  
¾ c. (200 mL) milk  
¼ c. (50 mL) chopped fresh parsley

1 tbsp. (15 mL). In 5-qt. (5-L) casserole place chicken; cover with water. Cover; microwave on HIGH until water comes to a full boil (16 to 18 min.). Rearrange chicken. Reduce power to MEDIUM (50% power); microwave 10 min. Remove chicken from broth; skim fat. Remove chicken from bones; return to broth. Add remaining stew ingredients *except* peas. Cover; microwave on HIGH 8 min. Reduce power to MEDIUM (50% power); microwave until vegetables are crisply tender (7 to 9 min.). Meanwhile, prepare dumplings as directed left. Add peas to stew. Microwave on HIGH until mixture comes to a full boil (3 to 4 min.). Drop dumplings by tablespoonfuls into hot stew. Cover; microwave on HIGH, turning dish ¼ turn after half the time, until dumplings are tender (4 to 5 min.).

### To Prepare Dumplings:



1. Drop dumplings by rounded tablespoonfuls into hot stew.



2. Cook, uncovered, 10 min. Cover; continue cooking until dumplings are tender (8 to 10 min.).