



## Menu du Jour

13 Nov 2004

### *Cajun Chicken and Seasoned Dumplings* (Recipe serves four)

---

Chicken and dumplings has long been a favorite at the Southern table. This is a spicier version of the traditional comfort food that's perfect for cool fall nights. Serve with a tossed green salad.

#### *Cajun Chicken and Seasoned Dumplings*

1 (3- to 4-pound) chicken  
1 yellow onion, chopped  
3 ribs celery, chopped  
3 carrots, chopped  
2 tablespoons unsalted butter  
1/2 cup sliced mushrooms  
1/2 cup chopped celery  
1/2 cup chopped green bell pepper  
1/2 cup chopped yellow onion  
2 cloves garlic, minced  
2 cups milk  
1 tablespoon Worcestershire sauce  
1 teaspoon white vinegar  
1/2 teaspoon ground cayenne pepper  
Kosher salt  
White pepper

For the dumplings:

3 tablespoons shortening  
1 1/2 cups all-purpose flour  
2 teaspoons baking powder  
3/4 teaspoon kosher salt  
1 teaspoon dried thyme  
1/2 teaspoon celery seed  
1/4 cup chopped fresh parsley  
3/4 cup whole milk

Cut chicken into four sections and place in a large stockpot along with onion, celery, and carrots. Cover with water (about two quarts or so) and bring to a simmer over medium heat. Simmer



about 45 minutes. Remove chicken; strain and reserve stock. Bone the chicken, discarding skin and bones, and tear into bite-size pieces. (Chicken may be prepared a day ahead and held, covered and refrigerated. The yield will be about four cups of cooked chicken.)

Melt butter in a medium sauté pan over medium heat. Add mushrooms, celery, bell pepper, onion, and garlic. Cook about two to three minutes.

Return six cups of stock to stockpot or other large pot and keep warm over low heat. Add milk, Worcestershire sauce, vinegar, and cayenne. Stir in the sautéed vegetables and chicken. Bring mixture to a low simmer and cook until chicken is thoroughly warmed. Season to taste with kosher salt and white pepper.

Prepare the dumplings:

Sift flour, baking powder, and salt into a mixing bowl. Add thyme, celery seed, and parsley. Cut shortening into flour until mixture forms into crumbs. Stir in the milk.

*(Chef's note: Dumpling dough is very much like biscuit dough. The less it is handled, the lighter and tenderer it will be.)*

Using two spoons, drop heaping tablespoon-size dumplings atop chicken mixture (not directly into the liquid) and cook, uncovered, for 10 minutes. Continue cooking, covered, another 10 minutes.

To serve: Ladle chicken and broth into individual bowls and place two to three dumplings on top. Garnish with chopped fresh parsley.