Long Livo

Old Fashioned Chicken and Dumplings

20 min Prep time	**1 h 30 min** Cook time	**1 h 50 min** Total time
8 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Chicken and Stew

- [ ] 4 bone-in, skin-on chicken thighs (2 lbs)
- [ ] 2 cups low-sodium chicken broth
- [ ] 2 cups water
- [ ] 4 Tbsp olive oil
- [ ] 4 medium carrots, peeled and diced
- [ ] 3 stalks celery, diced
- [ ] 1 large onion, diced
- [ ] 2 tsp salt, divided
- [ ] 1 tsp black pepper
- [ ] 1 bay leaf

Dumplings

- [ ] 2 cups all-purpose flour
- [ ] 1 tbsp baking powder
- [ ] 1 tsp salt (for dumplings)
- [ ] 1 cup whole milk
- [ ] ¼ cup melted unsalted butter

Garnish and Optional

- [ ] 2 Tbsp melted unsalted butter (optional)
- [ ] Fresh parsley, chopped (for garnish)

Instructions

1. First things first, heat up those 4 Tbsp olive oil in your 6-qt Dutch oven over medium-high. You want it shimmering, not smoking. Toss in your diced onion, carrot, and celery; let them sauté for about 5 minutes until they're soft and smelling just right.
2. Now, tuck in the chicken thighs, skin side down. Give them a little stir every now and then until they're lightly browned—usually takes 4–5 minutes. Honestly, that golden skin is where the flavor hides.
3. Pour in your 2 cups chicken broth and 2 cups water. Stir it all together, then season with the 2 tsp salt, 1 tsp pepper, and a single bay leaf. Bring it up to a gentle boil—nothing too aggressive.
4. Turn the heat down to low, pop the lid on, and just let it simmer for 40 minutes. You'll know it's ready when the chicken is tender and just naturally pulls away from the bone. Just a bit of patience here.
5. Carefully lift the chicken out with tongs and let it rest on a cutting board for 5 minutes. While it rests, skim that excess fat off the top of your broth. Now, look, if you like a finer texture, you can thinly grate any remaining carrots now—it's totally optional, but some like it that way.
6. In a medium bowl, whisk your 2 cups flour, 1 tbsp baking powder, and 1 tsp salt. Make a little well in the center and pour in the 1 cup milk and ¼ cup melted butter. Stir gently until it's a thick, sticky dough; please, don't over-mix it or the dumplings get tough.

7. Take that rested chicken and shred it up, tossing the bones and skin. Return the shredded meat to the Dutch oven and stir it back in with the broth and vegetables.

8. Using a ¼-cup measure, drop little spoonfuls of dough into the simmering pot, leaving a few inches between them. Cover it immediately and steam on low heat for 10–12 minutes. They'll rise to the surface and get all fluffy. Whatever you do, do not stir them while they're cooking!

9. Turn the heat up to medium-high and let the stew simmer gently for another 5 minutes to let those flavors really meld. Give it a taste and add a pinch more salt or pepper if you feel it needs it.

10. Ladle those cozy Old Fashioned Chicken and Dumplings into big bowls, sprinkle with some freshly chopped parsley, and serve it while it's hot.

Nutrition per serving

480 kcal	32 g	38 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Avoid over-mixing the dumpling dough to keep them pillowy soft.
- Skimming the excess fat from the broth ensures a cleaner, more balanced taste.
- Resting the chicken before shredding keeps the meat juicy.