

# Merrifield Garden Center

## Recipes

### Chicken and Dumplings

(Serves 6 to 8)

By Merrifield Chef Lilienne Conklin

*For the chicken, either purchase a rotisserie chicken from the store and remove the meat into large chunks or roast a whole chicken yourself and do the same. If you prefer, you can also use just chicken breasts. After you've prepared the chicken, refrigerate until you're ready.*

#### Ingredients

Chicken (see above)  
4 tablespoons butter  
1 cup baby carrots  
1 cup celery diced into large chunks  
1 cup leeks, washed and diced  
1 cup diced zucchini  
2 teaspoons garlic, chopped  
Bay leaves  
¼ cup all purpose flour  
7 cups homemade chicken stock  
1 box frozen peas and pearl onions  
½ cup cream  
Chopped tarragon and chives  
Salt and freshly ground pepper to taste

#### Dumplings

2 cups flour  
1 tablespoon baking powder  
1 teaspoon salt  
2 eggs  
1 cup buttermilk

#### Directions

*Prepare the dumplings first. Sift the dry ingredients together in a large bowl. In a smaller bowl, whisk the eggs and buttermilk and pour the liquid into the dry bowl, mixing just until the batter comes together. Let this sit while you work on the sauce.*

*In a large stock pot, heat the butter and add the carrots, leeks, celery and zucchini. Cook the vegetables until fragrant then add the garlic and cook for another minute or so. Add the flour to the pan and toss together cooking briefly. Slowly pour in the chicken stock and peas and pearl onions and simmer for 15 minutes, then add the chicken and cream to the pot and continue to simmer.*

*Spoon the dumpling batter over the chicken using a couple of tablespoons, give them room to puff up. Your batter should be enough to pretty much cover the top but not be crowded. Cover and let the dumplings cook for about 10 minutes. Be sure to remove the bay leaves before serving. You can garnish with fresh herbs if you like.*