

Treasure Barrel

Creamy Homemade Chicken and Dumplings Recipe

20 min Prep time	**45 min** Cook time	**1 h 5 min** Total time
6 Servings	**Easy** Difficulty	**American Southern** Cuisine

Ingredients

For the Chicken Stew

- [ ] 2 lbs boneless, skinless chicken thighs
- [ ] 2 tbsp olive oil
- [ ] 1 large yellow onion, chopped
- [ ] 2 medium carrots, peeled and sliced
- [ ] 2 celery stalks, sliced
- [ ] 2 cloves garlic, minced
- [ ] 8 cups low-sodium chicken broth
- [ ] 1 tsp dried thyme
- [ ] 2 bay leaves
- [ ] Salt and freshly ground black pepper, to taste
- [ ] 1 cup heavy cream or half-and-half
- [ ] 1/4 cup chopped fresh parsley

For the Buttermilk Dumplings

- [ ] 2 cups self-rising flour
- [ ] 1/2 tsp salt
- [ ] 1/4 cup cold unsalted butter, cut into small pieces
- [ ] 1 cup buttermilk, chilled

Instructions

1. First, let's build the foundation of our stew. In a large Dutch oven or heavy-bottomed pot, warm the olive oil over medium heat. Add the chopped onion, carrots, and celery. Let them cook gently, stirring occasionally, for about 8-10 minutes, until they've softened and the onion is translucent. This slow sauté builds a sweet, aromatic base. Next, stir in the minced garlic and cook for just one more minute until you can smell it—be careful not to let it burn. This is the flavor groundwork for everything to come.

2. Now, nestle the chicken thighs into the pot among the vegetables. Pour in the chicken broth, making sure the chicken is submerged. Add the dried thyme, bay leaves, and a good pinch of salt and pepper. Bring the liquid to a gentle boil, then immediately reduce the heat to low, cover the pot, and let it simmer for about 20-25 minutes. You want the chicken to be cooked through and tender. Once it is, carefully remove the chicken to a plate to cool slightly, and discard the bay leaves. Let the broth continue to simmer gently.

3. While the chicken cools, let's make the dumpling dough. In a medium bowl, whisk together the self-rising flour and salt. Add the cold butter pieces and use your fingertips or a pastry cutter to work the butter into the flour until it resembles coarse crumbs. Pour in the cold buttermilk and use a fork to gently stir until a soft, slightly sticky dough forms. Be so careful not to overmix here! A light hand is the secret to light dumplings. Set the dough aside for just a moment.

4 Shred the cooled chicken using two forks and return it to the pot. Stir in the heavy cream to create that beautiful, velvety broth. Bring the stew back to a steady, gentle simmer (not a rolling boil). Now, working quickly, drop rounded tablespoonfuls of the dumpling dough onto the surface of the simmering stew. Space them out a little. Once all the dough is in, cover the pot tightly, reduce the heat to low, and let the dumplings steam for 15 minutes. Absolutely no peeking! After 15 minutes, lift the lid to reveal perfectly puffed dumplings. Garnish with fresh parsley and serve immediately.

Nutrition per serving

550 kcal	35 g	40 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- For an extra layer of flavor, you can sear the chicken thighs in the pot before sautéing the vegetables. Just add a bit of oil, brown them on both sides, remove them from the pot, and proceed with the recipe, adding them back in at the simmering stage. This creates lovely browned bits on the bottom of the pan that add a lot of depth.
- The dumpling dough can be customized with fresh herbs. A tablespoon of finely chopped chives, parsley, or dill mixed in with the flour adds a wonderful freshness and a beautiful fleck of color to the finished dumplings.
- If your stew isn't as thick as you'd like before adding the dumplings, you can create a small slurry. Just mix two tablespoons of all-purpose flour or cornstarch with a few tablespoons of cold water until smooth, then whisk it into the simmering broth and let it cook for a minute or two to thicken.