

Treasure Barrel

Old Fashioned Chicken and Dumplings

20 min Prep time	**40 min** Cook time	**1 h** Total time
6 Servings	**Medium** Difficulty	**American** Cuisine

Ingredients

The Chicken and Broth

- [ ] 4 bone-in skin-on chicken thighs
- [ ] 2 tbsp olive oil
- [ ] 1 medium yellow onion, diced
- [ ] 3 carrots, sliced
- [ ] 3 celery stalks, sliced
- [ ] 4 garlic cloves, minced
- [ ] 4 cups low-sodium chicken broth
- [ ] 1 cup water
- [ ] 1 tsp dried thyme
- [ ] 1 tsp salt
- [ ] 1/2 tsp freshly ground black pepper

The Pillowy Dumplings

- [ ] 2 cups all-purpose flour
- [ ] 2 tsp baking powder
- [ ] 1/2 tsp salt
- [ ] 4 tbsp cold unsalted butter, cut into cubes
- [ ] 1 cup whole milk

Instructions

1. First, pat those 4 bone-in skin-on chicken thighs dry—it really helps them brown better—and season them with salt and pepper. Heat 2 tbsp olive oil in your large Dutch oven over medium-high heat. Brown the chicken on both sides until they're a lovely golden color, about 4–5 minutes per side. Once they look just right, remove them and set them aside for a bit.

2. In the same pot, add your diced onion, sliced carrots, sliced celery, and minced garlic. Sauté them for about 3–4 minutes. I love when the onions just become translucent; it means they're ready.

3. Now, return those browned chicken thighs to the pot. Pour in 4 cups low-sodium chicken broth, 1 cup water, and 1 tsp dried thyme. Bring it to a gentle boil, then just turn the heat down to low, cover it up, and let it simmer for 20 minutes. You'll know it's done when the chicken is cooked through and the juices run clear.

4. Lift the chicken out and let it cool just a touch, then shred it using two forks. It's a bit of a chore, but so worth it. Stir that shredded chicken right back into the pot.

5. While that's bubbling, grab a shallow bowl and whisk together 2 cups all-purpose flour, 2 tsp baking powder, and 1/2 tsp salt. Drop in those 4 tbsp cold unsalted butter cubes. Using your fingertips—which is my favorite part—or a pastry cutter, blend it until it looks like coarse crumbs.

6. Gently stir in 1 cup whole milk until a soft dough forms. Now, here is the secret: just leave the dough alone at room temperature for 5 minutes. It gives it a chance to spring up a bit.

7. Drop heaping spoonfuls, about 2 tbsp each, of the dumpling dough into the simmering broth. Now, look, don't stir them! Just let the dumplings sink and rise on their own.

8. Cover the pot and keep the heat on low. Simmer for 10–12 minutes. You're looking for dumplings that are fluffy, pale, and have risen to the top, with a broth that's rich and slightly reduced.

9. Give it a taste. If it needs a pinch more salt or thyme, go ahead. Then, remove it from the heat and let the pot sit covered for 5 minutes. It just helps the flavors meld together properly.

10. Ladle the warm soup into bowls, making sure everyone gets plenty of chicken, vegetables, and dumplings. I like to garnish mine with some fresh chopped parsley or a little squeeze of lemon to brighten it all up.

Nutrition per serving

480 kcal	32 g	34 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Make sure to pat the chicken dry to get that golden brown sear.
- Let the dumpling dough rest for 5 minutes to ensure a better lift.
- Let the finished pot sit for 5 minutes before serving to settle the flavors.