

Chicken Stew with Rosemary Dumplings

1/3 cup **flour**

1 tsp salt

1/2 tsp **pepper**

3 lbs **chicken pieces**

1 Tbsp **oil/butter/margarine**

4 large peeled and sliced **carrots**

2 stalks sliced **celery**

1 diced **onion**

1 tsp dried **rosemary** (crumbled)

2 cups **stock/wine/water**

1 cup frozen peas

Dumplings:

1 cup flour

2 tsp baking powder

1/2 tsp dried **rosemary** (crumbled)

1/2 tsp **salt**

1/2 **cup milk**

1 lightly beaten egg

fresh rosemary sprigs

In a large kettle, COOK flour, salt, pepper chicken and oil over medium-high heat until chicken is brown on all sides (about 10 minutes)

ADD carrots, celery, onion, 1 tsp dried rosemary and stock. COOK over medium-low heat for 1 hour.

ADD peas. STIR gently.

In a bowl, SIFT together flour, baking powder, 1/2 tsp dried rosemary and salt.

In a measuring cup, combine milk and egg. MIX WELL. ADD to flour mixture.

STIR to make a lumpy dough.

DROP mixture over stew. COVER and COOK on medium-high for 15–20 minutes.

TEST by inserting skewer or chopstick in center of dumpling. It should come out clean.

SERVE garnished with fresh rosemary sprigs.

For Slow-Cooker:

In a large skillet, COOK flour, salt, pepper chicken and oil over medium-high heat until chicken is brown on all sides (about 10 minutes)

MEANWHILE, ADD carrots, celery, onion, 1 tsp rosemary and 1 1/2 cup stock to slow-cooker.

SET chicken pieces over vegetables.

POUR 1/2 cup stock into skillet and COOK over medium-high heat, scraping up brown bits from bottom of skillet. POUR pan juices into slow cooker.

COVER and COOK on low for 8–10 hours or high for 4–6 hours.

ADD peas and STIR gently.

MAKE dumpling mixture as above.

DROP dumpling mixture over chicken pieces. COVER and COOK on high for 25–30 minutes.

TEST and SERVE as above.

Notes: Serves 6. Can be refrigerated for 3 days or frozen 1 month.