

Chicken Stew with Rosemary Dumplings

83 ml **flour**

5 ml salt

3 ml **pepper**

1.4 kg **chicken pieces**

15 ml **oil/butter/margarine**

4 large peeled and sliced **carrots**

2 stalks sliced **celery**

1 diced **onion**

5 ml dried **rosemary** (crumbled)

500 ml **stock/wine/water**

250 ml frozen peas

Dumplings:

250 ml flour

10 ml baking powder

3 ml dried **rosemary** (crumbled)

3 ml **salt**

125 ml 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, 5 ml dried rosemary and stock. **COOK** over medium-low heat for 1 hour.

ADD peas. **STIR** gently.

In a bowl, **SIFT** together flour, baking powder, 3 ml 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, 5 ml rosemary and 375 ml stock to slow-cooker.

SET chicken pieces over vegetables.

POUR 125 ml 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.