

Homemade Chicken Dumpling Soup



WHAT YOU'LL NEED-

FOR THE BROTH

- 1 whole chicken
- 1 onion, medium sized and quartered
- 3 carrots, roughly chopped
- 1 celery stalk, roughly chopped
- 4-6 garlic cloves, minced
- 4 sprigs of fresh thyme (or 1 tbsp dried thyme)
- 4 sprigs of fresh rosemary (or 1 tbsp dried rosemary)
- 4 sprigs of fresh parsley (or 1 tbsp dried parsley)
- 4 bay leaves
- 8-10 peppercorns
- 1 tbsp ground turmeric
- 1 tbsp ground cumin
- 1 tbsp sea salt
- Additional sea salt & pepper, to taste at the end (optional)

FOR THE SOUP

- Cooked chicken from chicken broth
- 1 medium onion, diced
- 16oz bag carrots, peeled and sliced
- 2 celery stalks, sliced
- 3 garlic cloves, minced
- 2 tbsp seasoning mix from strained broth
- Chicken broth to covering all ingredients leaving room for dumplings to be added (amount varies depending on size of stockpot)
- Salt and pepper, to taste

FOR THE DUMPLINGS

- 2 cups flour
- 1/2 cup milk
- 4 eggs, beaten
- 2 tsp salt

HOW TO MAKE- THE BROTH

1. Remove any giblets from the cavity and rinse the chicken under cold water.
2. Roughly chop the vegetables; there's no need for precision as they'll be strained out later.
3. Place the chicken in a large stockpot, and add the onion, carrots, celery, garlic, thyme, rosemary, parsley, bay leaf, peppercorns, turmeric, cumin, and salt.
4. Pour in enough cold water to cover the ingredients by at least 2-4 inches.
5. Bring the pot to a boil over medium-high heat.
6. Once boiling, reduce the heat to a lower temperature to maintain a gentle simmer. Skim off any foam or impurities that rise to the surface during the first 30 minutes of cooking.
7. Let the broth simmer uncovered for 2-3 hours. Add more water as needed to keep the ingredients fully submerged.
8. Carefully remove the chicken, debone, shredded or bite-size pieces, and save the meat for soup.
9. Strain the broth through a fine-mesh sieve or cheesecloth into another pot to remove solids. Pour strained broth back into stockpot.

THE CHICKEN SOUP

1. Add the cooked/deboned chicken (making sure pieces are bite-size or shredded).
2. Add in the onion, carrots, celery, minced garlic and seasoning mix from broth.
3. Simmer as you prepare dumpling dough.

THE DUMPLINGS

1. Mix flour, eggs and milk and sea salt in a bowl with a fork until smooth. Avoid overmixing; the dough should be slightly sticky.
2. In separate pot, bring water to boil, drop spoonful's of the dumpling dough into the pot. **A small cookie scoop works great for this. They will expand while cooking
3. Cover the pot with a lid and let the dumplings cook for 10-12 minutes. Avoid lifting the lid during this time to ensure fluffy dumplings.
4. With slotted spoon, carefully scoop out dumplings and transfer into soup carefully