

Betty's Chicken and Dumplings, Part I--the Chicken



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In this video, Betty demonstrates how to make the chicken for Chicken and Dumplings. The recipe for rolled dumplings will be in the next video.

Ingredients:

- one 4-pound chicken, uncooked and rinsed (giblets removed)
- 2 teaspoons salt
- A grinding of fresh black peppercorns
- 1 teaspoon garlic
- 1 tablespoon finely-chopped fresh parsley (If you are using dried parsley, use 1 teaspoon.)
- ¼ teaspoon ground red pepper
- 2 teaspoons chicken bouillon granules

Place chicken in a large pot and cover with water. Bring to a boil over medium-high heat and add 2 teaspoons salt, a grinding of fresh black peppercorns, 1 teaspoon garlic powder, 1 tablespoon chopped fresh parsley, and ¼ teaspoon ground red pepper. Cover and reduce heat. Simmer 1 hour. Remove chicken and place it on a platter to cool. Add 2 teaspoons chicken bouillon granules to the broth the chicken was cooked in, and set the chicken broth aside until needed. After chicken has cooled for about 30 minutes, remove the skin and bones, and chop the chicken into chunks. Reserve cooked chicken until ready to continue making Chicken and Dumplings. This method of cooking chicken may be used to obtain chicken for salads, casseroles, etc., but it is the traditional way to prepare chicken for Chicken and Dumplings. I hope you enjoy this preparation! --Betty ☐