



COOKING CLASSES

AT SUR LA TABLE

FALL FAVORITE: CHICKEN & DUMPLINGS

WITH SUR LA TABLE CHEF

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet.

Proteins

- 1 pound chicken breast

Produce

- 1 yellow onion
- 2 medium carrots
- 2-4 ribs celery
- 10 ounces button mushrooms
- 1 bunch fresh thyme
- 1 bunch fresh chives
- 1 bunch parsley, flat-leaf or curly

Dairy

- 6 tablespoons unsalted butter
- 1 egg
- 3/4 cup buttermilk

Frozen

- 2 cups frozen peas

Pantry Items

- All-purpose flour
- 6 cups low-sodium chicken broth
- Olive oil
- Kosher or sea salt
- Black peppercorns in a grinder or freshly ground
- Baking powder

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- Chef's knife
- 2 cutting boards

Hand Tools/Gadgets

- Measuring cups and spoons
- Prep bowls (various sizes)
- Wooden spoon
- Whisk
- Tablespoons or small portion scoops for dumplings
- Ladle

Cookware

- 4 quart or larger Dutch oven or saucepan with lid
- Medium skillet

Tabletop

- Soup bowls

Other

- Plastic wrap

Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

Hearty Chicken and Dumpling Soup

1. Wash and dry all produce.
2. Thaw frozen peas.

HEARTY CHICKEN AND DUMPLING SOUP

Yield: 8 servings

The soup portion of this recipe can be doubled and then frozen. When ready to eat, thaw, then gently warm soup in a saucepan or Dutch oven. While soup is warming, prepare dumpling dough and follow the recipe beginning at step 3.

Soup:

4 tablespoons (1/2 stick) unsalted butter, divided
1 pound chicken breast, cut into 1/2-inch dice
1 cup medium-diced onion
1/2 cup medium-diced celery
1/2 cup peeled and medium-diced carrot
1/4 cup unbleached all-purpose flour
6 cups low-sodium chicken broth
1 tablespoon olive oil
10 ounces button mushrooms, trimmed and cut into 1/4-inch dice
Sea salt and freshly ground black pepper
1 tablespoon finely chopped fresh thyme leaves
2 cups frozen peas, thawed
2 tablespoons chopped fresh chives
2 tablespoons chopped fresh flat-leaf parsley

Dumplings:

2 tablespoons melted butter
1 1/2 cups all-purpose flour
1 egg
2 teaspoons baking powder
1/2 teaspoon salt
2 tablespoons finely chopped fresh chives
2 tablespoons finely chopped fresh parsley
3/4 cup buttermilk

1. **To prepare the soup:** To a medium Dutch oven set over medium heat, add 2 tablespoons of butter. When butter melts and foam subsides, add diced chicken; cook, stirring occasionally until outside of chicken is cooked and slightly golden in color, about 5 minutes. Using a slotted spoon, remove chicken and add onion, celery and carrot; cook, stirring occasionally until softened, 5 to 7 minutes. Add remaining 2 tablespoons of butter and stir. When butter has melted add flour, stirring vigorously to blend with vegetables and butter. Cook for 2 to 3

minutes without letting the flour brown. Add about 1 cup of chicken broth and whisk until mixture is smooth, then whisk in the remaining broth. Bring soup to a simmer.

2. To a medium skillet set over high heat, add oil. When oil is shimmering, add the mushrooms and cook, stirring occasionally, until deep golden brown, about 8 minutes; taste and adjust seasoning with salt and pepper. Add mushrooms to soup along with chicken and thyme. Taste and adjust seasoning with salt and pepper. Simmer soup while you prepare the dumplings.

3. **To prepare dumpling dough:** While soup simmers, add flour, baking powder, chives, parsley, and salt to a large mixing bowl; whisk to combine. In a separate bowl, whisk together melted butter, egg and buttermilk. Slowly pour wet ingredients into dry ingredients and stir just until combined with a wooden spoon. Cover with plastic wrap and set aside.

4. **To finish the soup:** Add peas, chives, and parsley to soup and stir to combine. Taste soup and adjust seasoning with salt and pepper. Drop heaping tablespoons full of dumpling dough onto surface of soup. Cover Dutch oven and simmer until dumplings are firm, another 20 to 25 minutes.

5. **To serve:** Divide soup and dumplings between 8 shallow serving bowls and serve.