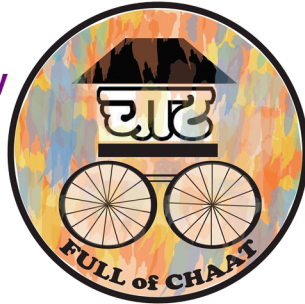




chicken stew

with cheesy dumplings

recipe created by



ingredients (serves 4)

4 chicken thighs
1 suede
2 red onions
10 mushrooms
3 carrots
5 bay leaves

2 chicken stock cubes
plain flour (to coat chicken)
1 medium sized crusty baguette
grated cheddar cheese (to suit)
1 egg
handful of mixed herbs

method

- ♥ give the vegetables a good wash then chop them all evenly in size - onions quartered, suede cubed and potatoes, carrots and mushrooms nice and chunky but not too big
- ♥ place the vegetables in a deep baking tray or casserole dish
- ♥ chop the chicken up into even chunks, then add a little bit of flour just to coat it in (you can also use beef, pork, lamb or any veggie option you chose - this stew will work with anything). once you've done this, add the chicken to the vegetable mix
- ♥ crumble the stock cubes over the chicken and vegetables then add three cups of water to the mix and the bay leaves
- ♥ place into the oven and slow cook at 140 for 2 hours
- ♥ whilst the chicken and vegetables are stewing in the oven you can make your cheesy dumplings!
- ♥ take a mixing bowl and break up your crusty bread into little pieces, then add as much grated cheese as you like depending on how cheesy you want them!
- ♥ sprinkle in a handful of mixed herbs, then break in the egg, binding it all together - either stirring with a spoon or use your hands if you like to get messy. then make into balls that fit into the palm of your hand
- ♥ carefully remove the stew from the oven and rest the dumplings on top and stew in the oven for a further 30 minutes then serve - your dumplings should be crispy on the outside and goey with the cheese in the middle!