

Chicken and Dumplings Stew with Lemongrass-Ginger-Orange tea

Time to Prepare: 1 hour, 30 minutes

Serves 6

Abbreviations

C = CUP	pkt/pkg = packet/package	sm = small	.13 = 1/8	.68 = 5/8
T = TBSP or Tablespoon	GF = Gluten Free	med = medium	.25 = 1/4	.75 = 3/4
† = TSP or teaspoon	lb = pound	lg = large	.38 = 3/8	.88 = 7/8
	dzn = dozen		.5 = 1/2	

Ingredients

1 C	Lemongrass-Ginger-Orange tea (Adagio.com)	strongly brewed and cooled	2 T	Olive Oil	
1 lg	Red Onion	diced	2 cloves	Garlic	minced
2	Carrots	sliced	2 stalks	Celery	sliced
1 T	Ginger	fresh, grated	2 stalks	Lemongrass	finely chopped
1 lb	Chicken Thighs	boneless, skinless, cut into bite-sized pieces	6 C	Chicken Stock	
1 †	Dried Thyme		1 †	Dried Rosemary	
1	Bay Leaf			Salt	to taste
	Black Pepper	to taste	0.25 C	Parsley	fresh, chopped
	Crushed Red Chili Pepper Flakes	to taste			

Instructions

HEAT THE OLIVE OIL in a large pot over medium heat.

SAUTÉ THE ONION, garlic, carrots, celery, ginger, and lemongrass until softened and fragrant.

ADD THE CHICKEN PIECES to the pot and cook until browned on all sides.

POUR IN THE chicken stock and brewed Lemongrass Ginger tea. Add the thyme, rosemary, bay leaf, salt, and pepper. Bring to a boil, then reduce heat and simmer for 30 minutes.

ADD THE frozen peas and cook for another 5 minutes.

REMOVE THE BAY LEAF and stir in the fresh parsley.

Notes

FOR THE DUMPLINGS:

2 C all-purpose flour

1 T baking powder

1 † salt

1/4 C cold butter (cubed)

1 C milk

IN A LARGE BOWL, whisk together the flour, baking powder, and salt.

CUT IN THE cold butter using a pastry cutter or your fingers until the mixture resembles coarse crumbs.

STIR IN THE MILK until just combined.

DROP SPOONFULS of the dumpling dough onto the simmering stew. Cover and cook for 15-20 minutes, or until the dumplings are cooked through and fluffy.