Lemon Chicken, Pea and Dumpling Hotdish

One 8×12 in (20×30 cm) dish, at least 3 qt/2.8 L;4 portions with 2 small dumplings each · Active 35 min · Total 1 hr 40 min

Ingredients

- 1 tablespoon neutral oil (15 ml)
- 1 lb boneless skinless chicken thigh, cut in 3/4-in/2-cm pieces (450 g)
- 1 medium onion, finely chopped (150 g)
- 1 medium carrot, cut in 1/4-in/6-mm dice (120 g prepared)
- 2 celery stalks, finely diced (100 g)
- 1 tablespoon butter (15 g), for sauce
- 3 tablespoons all-purpose flour (25 g), for sauce
- 1 1/2 cups low-sodium chicken stock (360 ml)
- 3/4 cup milk (180 ml), for sauce
- 1 cup frozen peas (140 g)
- 1 teaspoon finely grated lemon zest (2 g)
- 1 tablespoon lemon juice (15 ml)
- 2 tablespoons chopped fresh parsley (8 g)
- 1/4 teaspoon fine salt (1.5 g), for filling
- 1/4 teaspoon black pepper
- 1 1/4 cups all-purpose flour (150 g), for dumplings
- 1 1/2 teaspoons baking powder (6 g)
- 1/4 teaspoon fine salt (1.5 g), for dumplings
- 2 tablespoons cold butter, diced (30 g), for dumplings
- 7 tablespoons milk (105 ml), for dumplings

Set out

Oven, 8×12 in (20×30 cm) baking dish, at least 3 qt/2.8 L, 12-in/30-cm deep skillet, Mixing bowl, Whisk, Two spoons, Rimmed baking sheet, Suitable oven lid or foil, Food thermometer

Allergens

Milk, Wheat, Celery; check stock and baking-powder labels. Check labels and substitutions.

Make it

1. Heat oven to 375°F (190°C). Put the dish on a rimmed sheet. Heat oil in the skillet over medium-high heat. Cook chicken 8–10 minutes, turning, until several thick pieces reach 165°F (74°C). Transfer to a clean plate.

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2. Lower heat to medium. Cook onion, carrot and celery 8–10 minutes in the pan until nearly tender. Add sauce butter, then stir in sauce flour 1 minute. Gradually whisk in stock and 180 ml sauce milk. Add peas, filling salt and pepper and simmer 5–6 minutes, or the pea packet time if longer, until vegetables are tender and sauce thickened. Return chicken, take off the heat and stir in zest, juice and parsley.

3. Mix 150 g dumpling flour, baking powder and dumpling salt in the bowl. Rub in 30 g cold butter until small flakes remain. Stir in 105 ml milk just until a soft sticky dough forms. Do not knead.

4. Spread hot filling in the dish. Use two spoons to make 8 similar dough mounds about 2 in/5 cm wide, leaving gaps. Cover with a suitable lid or foil and bake 25 minutes. Uncover and bake 5–10 minutes more until dumplings are set inside and both their damp centers and the filling reach 165°F (74°C). Open a central dumpling with a clean spoon to check no wet dough remains.

5. Rest 5 minutes and serve 2 dumplings with one-quarter of the filling per person.

Check the center without guessing

A clean spoon can lift the edge of a middle dumpling for inspection. Return the pan to the oven if its underside is wet, even if an outer dumpling looks ready.

A useful detail

The 100-minute total includes preparation, the full skillet work, quick dumpling mixing, up to 35 minutes baking and rest. Small similar mounds and a hot filling are essential to the stated oven time.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F (32°C), at 40°F (4°C) or below. Use within 2 days or an earlier ingredient deadline. Reheat filling and dumpling centers to 165°F (74°C), covering to reduce drying. This tender dumpling dish is best refrigerated; freezing tends to make its topping heavier.