Chicken, Carrot and Oat Dumpling Bake

One 8×12 in (20×30 cm) dish, at least 3 qt/2.8 L;4 portions with 2 small oat dumplings each · Active 35 min · Total 1 hr 45 min

Ingredients

- 2 tablespoons butter (30 g), for filling
- 1 medium onion, finely chopped (150 g)
- 3 medium carrots, cut in 1/4-in/6-mm dice (300 g prepared)
- 2 celery stalks, finely diced (100 g)
- 3 tablespoons all-purpose flour (25 g), for sauce
- 2 cups low-sodium chicken stock (480 ml)
- 1/2 cup milk (120 ml), for filling
- 1 lb boneless skinless chicken thighs, cut in 3/4-in/2-cm pieces (450 g)
- 1/2 teaspoon dried thyme
- 1/4 teaspoon fine salt (1.5 g), for filling
- 1/4 teaspoon black pepper
- 1 cup all-purpose flour (120 g), for dumplings
- 1/2 cup plain quick rolled oats (40 g)
- 2 teaspoons baking powder (8 g)
- 1/4 teaspoon fine salt (1.5 g), for dumplings
- 2 tablespoons cold butter, diced (30 g), for dumplings
- 1/2 cup milk (120 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, Oats: check for gluten cross-contact, Celery; check stock labels. Check labels and substitutions.

Make it

1. Heat oven to 375°F (190°C). Put the dish on a rimmed sheet. Melt filling butter in the skillet over medium heat. Cook onion, carrot and celery 10–12 minutes, stirring, until nearly tender.

2. Stir in 25 g sauce flour 1 minute, then gradually whisk in stock and 120 ml filling milk. Add chicken, thyme, filling salt and pepper. Simmer gently 10–12 minutes, turning pieces, until carrots are tender and several thick chicken centers reach 165°F (74°C). Keep filling hot over low heat.

3. Mix 120 g dumpling flour, oats, baking powder and dumpling salt in the bowl. Rub in 30 g cold butter until small flakes remain. Stir in 120 ml dumpling milk just until a sticky dough forms.

4. Spread hot filling in the dish. Use two spoons to divide dough into 8 similar mounds about 2 in/5 cm wide with gaps between them. Cover and bake 25 minutes. Uncover and bake 5–10 minutes more until the dumplings are set inside and their damp centers and the filling reach 165°F (74°C). Check a middle dumpling with a clean spoon for wet dough.

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

Keep the bowl spoonable

The dough should leave the spoon as a soft mound. The oats will absorb moisture as they cook, so a firm dry dough at assembly is already too far from the intended texture.

A useful detail

The 105-minute total includes chopping a generous carrot quantity, the full chicken simmer, quick dough mixing, the covered/uncovered bake and rest. Oats are quick rolled and form only one-quarter of the combined flour-and-oat weight.

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 oat topping is best refrigerated; freezing makes it heavier.