Mustard Chicken and Carrot Pot with Parsley Dumplings

4 servings, each with 2 small parsley dumplings and one-quarter of the chicken-carrot pot · Active 25 min · Total 1 hr 5 min

Skills: Easy

Ingredients

- 12 oz boneless skinless chicken thighs (350 g), cut into 1-inch/2.5 cm pieces
- 1 tablespoon neutral oil (15 ml)
- 1 medium onion (150 g), finely diced
- 4 medium carrots (400 g), cut into thin half-moons
- 2 tablespoons all-purpose flour (16 g), for the gravy
- 2 1/2 cups chicken stock (600 ml)
- 1 tablespoon prepared mustard (15 g)
- 1/2 teaspoon fine salt (3 g), divided
- 1/4 teaspoon black pepper (0.5 g)
- 1 1/4 cups all-purpose flour (150 g), for the dumplings
- 1 1/2 teaspoons baking powder (6 g)
- 2 tablespoons cold butter (28 g), diced
- 2 tablespoons finely chopped parsley (8 g)
- 1/2 cup milk (120 ml)

Set out

Wide deep lidded skillet or casserole, about 3 quarts/3 liters, Mixing bowl, Food thermometer, Separate raw-chicken board

Allergens

Milk, Wheat. Check labels and substitutions.

Make it

1. Heat oil in the wide pan over medium-high heat. Brown chicken for 4–5 minutes, turning. Add onion and carrots, lower to medium and cook for 6 minutes. Wash hands and clean raw-chicken surfaces.

2. Stir in the 16 g gravy flour for 1 minute. Gradually add stock, then mustard, two-thirds of the salt and pepper. Bring to a gentle simmer, cover and cook for 10 minutes.

3. Meanwhile mix the 150 g dumpling flour, baking powder and remaining salt. Rub in butter, then stir in parsley and milk just until a soft dough forms.

4. Drop 8 similar mounds onto the simmering chicken mixture, leaving a little room. Cover and simmer gently for 18–22 minutes without repeatedly lifting the lid.

5. Check that chicken pieces reach 165°F/74°C and a middle dumpling is set through its center and reaches 165°F/74°C. Cook covered a little longer if needed. Serve two dumplings and one-quarter of the chicken, carrots and gravy per portion.

Keep the full meal in the portion

Divide the carrots, gravy and dumplings as well as the chicken. That creates four complete servings from the measured ingredients instead of reserving most of the filling for the first bowls.

Ingredient labels

Mustard is present; stock may contain celery or soy.

A useful detail

The dumplings need a gentle simmer and a closed lid. A hard boil can break them apart and reduce the gravy too far; add a small splash of water if the pan becomes dry before they finish.

Keep it well

Cool leftovers in shallow portions within 2 hours, or 1 hour above 90°F/32°C. Refrigerate covered at 40°F/4°C or below for up to 3 days. Reheat gently, covered, until the chicken, gravy and dumpling centers reach 165°F/74°C. Dumplings soften during storage.