

CHICKEN POTJIE WITH HERB DUMPLINGS

This wintery one-pot wonder, made with everyday ingredients will soon become a family favourite. The herby dumplings are like little clouds on top that soak up the tasty sauce. Don't be concerned by the small amount of liquid in this recipe, the chicken and veggies produce a lovely natural stock in this comforting dish. Enjoy it as is or serve with a light green vegetable.

INGREDIENTS

Serves 6 - 8

Chicken Potjie

10-12 chicken portions, preferably drumsticks and thighs
20-30 ml (4 tsp-2 tbsp) olive oil
2 medium onions, cut into wedges
4 carrots, peeled and cut into thick diagonal slices
2 celery stalks with the leaves, cut into thick diagonal slices
2 cloves of garlic, crushed
5 whole cloves
15 ml (1 tbsp) dried thyme
10 ml (2 tsp) dried mixed herbs
30 ml (2 tbsp) cake flour
250 ml (1 cup) chicken or vegetable stock or Rooibos tea
1 bay leaf
250 g button mushrooms, whole or halved
6 baby marrows, cut into thick diagonal slices
finely grated rind and juice of a medium-sized lemon
salt and black pepper to taste

Herb Dumplings

375 ml (1½ cups) cake flour
100 ml coarse mealie meal
10 ml (2 tsp) baking powder
50 ml cold butter, cubed
1 egg, beaten
20 ml (4 tsp) chopped fresh Italian parsley
20 ml (4 tsp) chopped fresh thyme
125 ml (½ cup) buttermilk or maas

TIP:

If the dumplings are prepared with buttermilk and the dough is too stiff, stir in a little extra milk.



METHOD

Chicken

1. Heat an AMC 24 cm Gourmet High over a medium temperature until the Visiotherm® reaches the first red area. Brown the chicken portions on both sides. If your unit is at the right temperature, no oil is needed. Take note: the chicken will not be cooked through. Spoon out and set side.
2. Add the oil to the unit and sauté onions, carrots and celery until soft. Add garlic, cloves and dried herbs and sauté for another 2-3 minutes. Stir in the flour until no dry flour is visible.
3. Add the stock or tea and bay leaf and bring the mixture to the boil.
4. Add the mushrooms and baby marrows, mix through and spoon the chicken back into the sauce. Cover with the lid and bring to the boil again, reduce the heat and simmer for about 25 minutes. Stir through once or twice during this time.

Dumplings

1. Prepare the dough just before it is needed. Place the flour, mealie meal and baking powder in a mixing bowl and rub the butter in with your fingertips.
2. Whisk the egg, herbs and buttermilk or maas together in a jug. Add to the flour mixture and cut through with a knife until everything is just mixed together. Mix as little as possible to keep the dumplings fluffy. The dough should not be too stiff (see tip.)
3. Make sure that the stew is simmering gently. Season to taste with lemon rind and juice, salt and pepper.
4. Using a tablespoon gently shape dough into small balls and place in the sauce, without them touching each other. Cover with the lid and simmer for another 20 minutes or until the dumplings and the chicken are cooked (don't lift the lid before 20 minutes has passed). The Visiotherm® should hover around the 12-1 o'clock position. Test a dumpling with a fork, it must break open easily and be cooked through.
5. Serve immediately with a side dish of your choice like lightly steamed broccoli.