



# Chicken and Dumpling

## Ingredients

### For the Dumplings:

- 1¼ cups all-purpose flour
- ½ cup fresh parsley, finely chopped
- ¼ cup yellow cornmeal
- 2 tbsp chopped fresh chives
- 1 tbsp baking powder
- 1 tsp kosher salt
- ¾ cup milk
- 3 tbsp salted butter, melted

### For the Chicken Stew:

- 2 tbsp olive oil
- 2 tbsp salted butter
- 3 carrots, thinly sliced
- 3 celery stalks, thinly sliced
- 1 onion, diced
- 1½ tsp kosher salt (divided)
- ¼ tsp black pepper, plus more to taste
- 2 tbsp all-purpose flour
- ½ tsp ground thyme
- ¼ tsp ground turmeric
- 1½ lbs boneless, skinless chicken breasts, cut into 1-inch pieces
- 3½ cups low-sodium chicken broth

## Instructions

### Step 1: Prepare the Dumpling Batter

In a medium bowl, whisk together flour, parsley, cornmeal, chives, baking powder, and salt. Add milk and melted butter, stirring until just combined. Set aside (do not overmix).

### Step 2: Sauté the Vegetables

Set a 6-quart Instant Pot to **Sauté (High)**.

Add olive oil and butter. Once melted, stir in carrots, celery, onion, **1 tsp salt**, and **¼ tsp pepper**.

Cook for 3–4 minutes until softened, stirring occasionally.

Add flour, thyme, and turmeric. Stir until the veggies are evenly coated.

### **Step 3: Add Chicken and Broth**

Add chicken pieces, the remaining  $\frac{1}{2}$  **tsp salt**, and a few more grinds of pepper. Stir to coat.

Pour in the chicken broth and stir gently to combine.

Press **Cancel** to turn off the sauté function.

### **Step 4: Add the Dumplings**

Using a spoon, drop about **12 dumpling mounds** (approx. 2 tbsp each) over the surface of the stew, spacing them evenly.

### **Step 5: Pressure Cook**

Lock the lid and ensure the steam valve is in the **Sealing** position.

Set to **High Pressure** for **3 minutes**.

### **Step 6: Quick Release & Serve**

Once cooking is complete, carefully turn the valve to **Venting** for a quick release of pressure.

Remove the lid, watching out for any remaining steam.

Ladle the chicken, vegetables, and dumplings into bowls and serve hot.