

A Sutherland Belle

French Onion Chicken & Dumplings

Serves 6

INGREDIENTS

For the Soup

2 tablespoons olive oil
2 tablespoons unsalted butter
1 to 1½ pounds chicken thighs or breasts, seasoned with salt, pepper, and ½ teaspoon dried thyme
3 large Vidalia onions, cut in half then very thinly sliced
1 teaspoon kosher salt
1 teaspoon fresh cracked black pepper
1 teaspoon dried thyme
4 cloves garlic, minced
¼ cup dry sherry
1½ tablespoons Worcestershire sauce
1½ tablespoons Dijon mustard
3 tablespoons all-purpose flour
4 cups chicken broth
4 cups beef broth
2 teaspoons Better Than Bouillon Roasted Chicken Base
2 bay leaves
5 fresh thyme sprigs, tied together
½ cup heavy cream
1 cup grated Gruyère cheese, plus more for topping

For the Dumplings

1½ cups all-purpose flour
1 teaspoon kosher salt
½ teaspoon fresh cracked black pepper
½ teaspoon baking powder
¼ teaspoon baking soda
1 teaspoon chopped fresh thyme
2 tablespoons cold butter, grated
½ cup warm broth (from pot)
1–2 tablespoons heavy cream

INSTRUCTIONS

1. **To make the soup:** Season the chicken with salt, pepper, and dried thyme. Heat the olive oil and butter in a Dutch oven over medium-high heat and sear the chicken for 4 minutes per side until deeply golden; it will still be slightly raw inside. Remove the chicken and do not clean the pot.
2. Add the onions, salt, black pepper, and thyme. Cook for 20 to 25 minutes, stirring occasionally, until the onions are deeply caramelized. Add the garlic and cook for 1 minute.
3. Pour in the sherry and simmer for 1 to 2 minutes. Add the Worcestershire and Dijon and combine. Sprinkle the flour over the onions and stir for 2 minutes, until thickened and glossy.
4. Add the chicken broth, beef broth, Better Than Bouillon, bay leaves, and fresh thyme sprigs. Return the chicken to the pot. Bring to a gentle simmer and poach for 20 minutes, or until tender. Remove chicken and rest for 5 minutes before shredding.
5. **To make the dumplings:** In a bowl, combine the flour, salt, pepper, baking powder, baking soda, and herbs. Add the grated cold butter and lightly work it in. Add the warm broth and heavy cream, stirring until a slightly sticky dough forms. Turn the dough onto a lightly floured surface, roll to ½-inch thickness, cut into 1-inch dumplings, and dust lightly with flour.
6. Bring the soup back to a low simmer. Drop in the dumplings and give one very gentle stir. Cover and cook for 10 minutes, then uncover and cook for 8 minutes more. Do not stir again.
7. In a separate small saucepan, gently warm the heavy cream. Remove from heat and whisk in the Gruyère until smooth. Reduce the soup to low heat and gently fold in the cheese-cream mixture and the shredded chicken, using a lift-and-tuck motion with a ladle to avoid breaking the dumplings. Taste and adjust seasoning, and finish each bowl with a sprinkle of freshly cracked pepper and grated Gruyère.

Storage

Refrigerate: Store in an airtight container for up to 3 days.

Reheat: Warm gently over low heat, stirring occasionally. Do not boil.

Freeze: Not recommended due to the dairy base and dumplings.

Note for Success

Dumplings don't like drama. They want a slow simmer, a quiet pot, and a little respect.