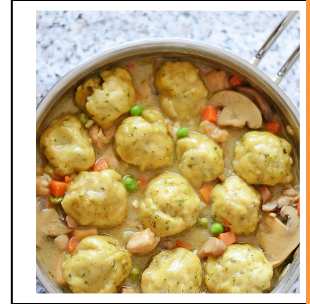


MEL'S CHICKEN AND DUPLINGS

INGREDIENTS

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| 1/2 cup all-purpose flour | * 1/2 teaspoon salt free seasoning |
| 1/2 teaspoon freshly ground pepper | * 1/2 teaspoon granulated garlic |
| 1 broiler/fryer chicken (about 3 pounds), cut up | * 2 tablespoons olive oil |
| 1 large onion, 1/4 inch dice | * 2 medium carrots, 1/4 inch dice |
| 2 celery ribs, 1/4 inch dice | * 3 garlic cloves, minced |
| 6 cups chicken stock | * 1/2 cup white wine or apple cider |
| 2 teaspoons sugar substitute | * 2 bay leaves |
| 5 whole peppercorns | * 1/2 cup fresh or frozen peas |



DUMPLINGS:

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|----------------------------------|--|
| 1-1/3 cups Matzo meal | * 2 teaspoons baking powder (make sure it is fresh) |
| 3/4 teaspoon salt free seasoning | * 2/3 cup club soda |
| 1 tablespoon butter, melted | * 1 egg beaten |
| 1.4. cup finely chopped onion | |

SOUP:

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|--------------------------------|---------------------------------------|
| 1/2 cup heavy whipping cream | * 2 teaspoons minced fresh parsley |
| 2 teaspoons minced fresh thyme | * Additional salt and pepper to taste |

DIRECTIONS

In a shallow bowl, mix 1/2 cup flour, salt and pepper. Add chicken, one piece at a time, and toss to coat; shake off excess.

In a 6-qt. stockpot, heat oil over medium-high heat. Brown chicken in batches on all sides; remove from pan. Add onion, carrots and celery to same pan; cook and stir 6-8 minutes or until onion is tender. Add garlic; cook and stir 1 minute longer. Stir in 1/4 cup flour until blended. Gradually add stock, stirring constantly. Stir in wine, sugar substitute, bay leaves and peppercorns. Return chicken to pan; bring to a boil. Reduce heat; simmer, covered, 20-25 minutes or until chicken juices run clear.

In a bowl, whisk matzo meal, baking powder and salt free seasoning. In another bowl, whisk club soda, egg and melted butter and onion until blended. Add to matzo meal mixture; stir just until moistened (do not over mix). Drop by rounded tablespoonfuls onto a parchment paper-lined baking sheet; set aside.

Remove chicken from stockpot; cool slightly. Discard bay leaves and skim fat from soup. Remove skin and bones from chicken and discard. Using two forks, coarsely shred meat into 1- to 1-1/2-in. pieces; return to soup. Cook, covered, on high until mixture reaches a simmer.

Drop dumplings on top of simmering soup, a few at a time. Reduce heat to low; cook, covered, 15-18 minutes or until a toothpick inserted in center of dumplings comes out clean (do not lift cover while simmering). Gently stir in cream, parsley, peas and thyme. (do not add peas to early or they will lose color and become mushy) Season with additional salt and pepper to taste. **Yield:** 8 servings (3 quarts).