**Chicken Stew with Rosemary Dumplings**

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| 1 piece of chicken  5-10 mL oil  1 potato  1 carrot  1 celery  1/3 onion  2 mL dried rosemary  600 mL chicken stock  125 mL frozen peas | *Dumpling*  125 mL flour  5 mL baking powder  1 mL dried rosemary  1 mL salt  60 mL milk  ½ egg (beat 1 egg in bowl & divide)  15 mL cornstarch  25 mL water |

*If using a frozen chicken breast, defrost in microwave. Use auto-defrost for 1 lb. Then cut up into bite-size pieces when semi-thawed.*

1. Cut chicken into bite-size pieces. In a medium pot over medium heat, heat oil and saute chicken until lightly browned and cooked through (no pink showing). Transfer to a small bowl and set aside.
2. Prepare all vegetables: peel and cut into bite-size pieces.
3. Add chicken broth to medium pot, vegetables (except peas) and rosemary. Bring to a boil over high heat, cover with lid and reduce heat to low. Simmer for 10 minutes.
4. Add chicken and frozen peas and simmer for 20-25 minutes.
5. Dumplings: in a bowl combine ingredients and drop by tablespoons onto hot simmering mixture, let simmer with lid on for 20-25 minutes. No peeking.

*Hint: drop dumplings onto meat or vegetables – not just on top of liquid and place so dumplings do not touch each other and has space in between so they can rise)*

1. Remove dumplings with slotted spoon, only when toothpick comes out clean from dumplings. Cover dumpling with tin foil to keep warm.
2. In a custard cup, mix water and cornstarch together to make a smooth paste. Add to broth mixture. Heat for 1-2 minute until bubbles. *If required, you can re-heat dumplings by placing on top of the stew, cover and heat for 5 minutes just before serving.*