

Basic Dumplings

Ingredients

- 1½ cups all-purpose flour
- 2 tsp baking powder
- ½ tsp salt
- 3 Tbsp shortening
- ¾ cup milk

You will need a medium bowl for mixing.



Instructions

1. In medium bowl, mix flour, baking powder and salt; cut in shortening using a pastry blender until mixture looks like coarse meal. Stir in milk using a light touch with a fork.
2. On a piece of parchment, sprinkle flour and add dough; knead lightly 2 or 3 times. Roll or pat until ¼-inch thick, cut into circles or strips.
3. You can drop the dough directly into the hot boiling mixture (chicken, vegetables, fruit, etc.). Cook uncovered for 10 minutes; then covered for 10 minutes.

Options

- For savory dumplings you can add ½ teaspoon dried herbs or ¼ cup shredded cheese.
- For a sweeter dumpling, add 2 tablespoons sugar to the flour mixture then continue with recipe.
- If you want the dumplings to be brown on top, put under the broiler for a few minutes.
- For thinner dumplings (slick dumplings), roll the dough on a floured surface until thickness is reached; cut into strips (2x4-inches) before dropping into liquid. Using pie crust makes an even thinner dumpling.