

POTATO DUMPLING IN A HONEY-MUSTARD CHICKEN STEW



Serving: 4

Cooking Time: 1 hour

Prep Time: 10 minutes plus rising time

INGREDIENTS

- **Ingredients for dumplings:**

- 2 large potatoes, cook until tender
- 200g cake flour
- Pinch of sugar
- Pinch of salt
- 350ml warm water
- 5ml (1 tsp) instant yeast
- **Ingredients for honey mustard chicken:**
- 15ml (1 tbsp) oil
- 1 large onion, finely chopped
- 2 garlic cloves, finely chopped
- 8 skinless chicken thighs
- 15ml (1 tbsp) potato flour
- 30ml (2 tbsp) wholegrain mustard
- 125ml (½ cup) runny honey
- 350ml chicken stock
- 400g mixed frozen chunky vegetables
- 45ml (3 tbsp) fresh parsley, chopped

INSTRUCTIONS

1. To make the dumplings, mix all the ingredients well together.
2. On a floured work surface knead until smooth and elastic.
3. Leave the dough in a lightly oiled covered bowl, until doubled in size, about 2 hours.
4. For the stew, sauté the onion and garlic in a little oil and add the chicken thighs.
5. Stir to coat and cook for about 5 minutes.
6. Stir through the potato flour, followed by the mustard, honey and stock.
7. Cover and let the stew cook to perfection (+/- 45 minutes).

8. Add the vegetables and continue to cook for a further 20 minutes.
9. Take a little of the dough to form balls the size of golf balls and place over the chicken and vegetables.
10. Continue making balls until the top is covered.
11. Cover and cook until the dough is cooked.
12. Serve while still hot.