



# Dumplings

## Ingredients:

2 cups self-rising flour  
1/8 cup vegetable shortening  
2/3 cups milk

## Instructions:

In a medium-sized bowl, mix the flour and shortening using a fork or a pastry cutter until the texture resembles small pea-sized crumbs. Gradually add the milk and stir until all the flour is incorporated. Dust a clean surface with flour and transfer the dough onto it. Sprinkle a light layer of flour on top of the dough as well. Knead the dough 7 to 8 times by folding it over each time, until it becomes smooth and manageable. Roll the dough to a thickness of approximately 1/4 inch and lift the sheet off the counter. If the dough tears, knead in additional flour until it can be lifted without tearing. See dumpling idea tip on the left.

Cut the dough into strips about 1 inch by 2 inches using a pizza cutter or a fork. Lightly dust the pieces with flour to prevent sticking.

To cook the dumplings, add them to boiling chicken broth or a chosen cobbler filling. Reduce the heat to the lowest setting after adding them, cover the pot, and cook for 10 to 15 minutes. Stir the bottom of pot periodically while cooking to prevent broth from sticking.

*“These are perfect for sweet potato and blackberry cobblers. I typically use two recipes for chicken and dumplings.” - Tammy*