

Drop Dumplings for Roasts

2 CUPS SELF-RISING FLOUR

1/4 CUP SHORTENING

OR USE A BISCUIT MIX

BROTH FROM A COOKED ROAST

Cut shortening into flour with a blending fork or pastry blender until shortening is pea size. Add enough roast broth to make a thick dough. Dough should be thick and sticky. It should look be thick enough to drop, like a spoon biscuit dough.

Tammy's Tip: If you want a thick broth in your roast. Go ahead and thicken it before adding dumplings because once the dumplings are added you cannot stir the pot.

Push over roast and vegetables in pot - drop each dumpling by large tablespoon into roast broth. Cover with a lid and let dumplings cook (lid on) for at least 10 minutes. Spoon broth over dumplings to coat them well before serving.



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