

Dumplings

2 CUPS SELF-RISING FLOUR (WHITE-LILY)
 3 TBSP. COLD SALTED BUTTER (IN THIN PIECES)
 OR 1/8 CUP VEGETABLE SHORTENING
 2/3 CUPS MILK (SOME USE BROTH BUT MAKES IT A
 NOODLE TYPE OF DUMPLING)

In a medium bowl, combine flour, and shortening with a blending fork or pastry blender. Blend with fork until shortening/butter is pea size. Add milk, a little at a time, until all flour is combined. (Do not use buttermilk for dumplings.) Flour counter surface by sifting with self-rising flour. Place dough on surface. Sift flour on top of dough. Turn dough 7-8 times doubling it over and over. Use a dough roller and roll out 1/4" high. Pick up whole sheet of dough. If it tears apart, knead more flour into it until it will hold its shape when picked up. If the dough is too soft the dumplings will tear apart while cooking. Use a pizza cutter or sides of a fork (like mama) and cut dumplings into 1" x 1 1/2" strips. Flour dumplings.

To cook:

Add dumplings to boiling chicken broth or cobbler fillings. Dumplings will stick, turn temperature down to lowest setting, cover and cook for 10-15 min. stirring frequently to prevent sticking.

"These are good in sweet potato and blackberry cobblers. Use half recipe for cobblers and whole recipe for Chicken N Dumplings."- Tammy