

Chicken and Biscuit Stew



Ingredients

1 ½ sticks of butter
2 cups yellow onion
5 tsp garlic
¾ cup flour
5 cups chicken stock
2 chicken bouillon cubes
¼ cup heavy cream
2 tsp salt
1 tsp pepper
½ cup parsley
2 cups carrots
2 cups peas
1 cup celery
3 whole or 6 half chicken breasts
1 egg for egg wash

Biscuits:

2 cups flour
1 Tbsp baking powder
½ tsp salt
2 tsp sugar
1 ¼ cup heavy cream

Utensils

1 Large and 1 small pot
Cutting board and knife
Cheese grater or food processor
Measuring cups and spoons
9 x 13 baking dish
Cookie tray with parchment paper
Whisk, Spatula, 2 forks
Rolling Pin, biscuit cutter
Mixing bowls, pastry brush
Pot holders



Recipe Instructions

Step 1: Prep

Prep your cutting station by laying a damp cloth down and placing your cutting board on top. Preheat oven to 375°

Chop carrots and celery. Dice onion. You can do a larger chop for the carrots or shred them depending on your taste!

Step 2: Sauté

Melt butter in pot over medium heat. Add onion and garlic to the pot and sauté until tender, about 10 minutes.

Add chicken stock and bouillon cubes to a small pot over medium heat to warm up.

Step 3: Finish Stew

Add flour to pot with onion and stir for 2 minutes until thick, reduce to low heat.

Add hot stock & heavy cream, stir to combine. Turn off stove.

Add all remaining ingredients: salt, pepper, parsley, carrots, peas, celery, and chicken.

Step 4: Bake & Biscuits

Put stew in the baking dish on top of the parchment lined cookie sheet. Bake for 15 minutes.

Add flour, baking powder, sugar, and salt to a mixing bowl and whisk to combine.

Add about 1 cup of the heavy cream to the bowl and mix with forks.

Step 5: Finish Biscuits

As you're mixing, add the rest of the heavy cream to the bowl, a dough will start to form. Use hands to knead and create a dough ball. Flour a surface and rolling pin. Roll out dough to about ½ thick and cut 12 biscuits out of dough.

Step 6: Finish & Enjoy!

Remove stew from oven and place raw biscuits on top. Brush with egg wash. Return to the oven for 25 minutes.

Pull from oven, let cool, and enjoy!!



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Kitchen Safety Tips:

Make sure to use pot holder when touching pots on the stove or pans in the oven.

Turn the stove/oven off as soon as you are done using it.