

Chicken and Dumplings

Patricia Cooper

Whole chicken or 4-6 breasts

Bay leaf

Salt and pepper

Dumplings:

2 cups flour

1 tsp. baking soda

½ tsp. salt

⅓ cup shortening

1 cup buttermilk

Boil with bay leaf and season breast or chicken with salt and pepper. Cook for 1 hour or until chicken is done, 30 to 40 minutes for chicken breasts. Remove chicken and leave broth. Add more water to fill ¾ of the way full. Season to taste.

Dumplings: Cut shortening into dry ingredients. Add buttermilk and mix. Roll out thin and cut into strips. Add to boiling chicken broth. Cook, uncovered, 10 minutes. Cover and cook 10 more minutes. Fold in chicken pieces gently and serve.

Black-Eyed Pea Stew

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8 cans black-eyed peas,
undrained

2 cans stewed or diced
tomatoes, undrained

1 (16 oz.) pkg. frozen cut okra

1 (16 oz.) jar hot sauce

1 pkg. green onions or 1 onion,
diced

1 bell pepper, diced

1 pkg. celery, diced

1-2 pkgs. polish sausage, cut
into bite-sized pieces

Sauté onions, celery, and bell pepper to soften. Then add remaining ingredients. Add salt and pepper to taste and simmer for 30 minutes.