

Classic Chicken & Pastry: Southern Comfort Stew

Few dishes evoke the warmth and comfort of home quite like a hearty bowl of



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1 min

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INGREDIENTS

2 cups all-purpose flour
1 tablespoon baking powder
 $\frac{1}{2}$ teaspoon salt
... teaspoon black pepper
 $\frac{3}{4}$ cup water, at room temperature
3 tablespoons melted butter
3 lbs. bone-in, skin-on chicken breasts or thighs (or a mix)
6-8 cups chicken broth (or enough to cover the chicken)
Optional garnish: chopped fresh parsley or thyme
Celery, diced
Carrots, diced
Green peas, frozen

DIRECTIONS

1. Let's get this delicious : Chicken & Pastry cooking!
2. PREPARE THE PASTRY:
3. Mix : Dry Ingredients: In a large bowl, whisk together the 2 cups all-purpose flour, 1 tablespoon baking powder, $\frac{1}{2}$ teaspoon salt, and ... teaspoon black pepper until well combined.
4. Combine : Wet Ingredients: In a separate medium bowl, whisk together $\frac{3}{4}$ cup water (at room temperature) and 3 tablespoons melted butter.
5. Form : Dough: Using a rubber spatula, gradually stir the butter mixture into the flour mixture just until a shaggy dough forms and is incorporated. Do not overmix.
6. Knead : Dough: Turn the dough out onto a lightly floured counter. Knead for about 1 minute, adding additional flour to the counter and to your hands if necessary to prevent sticking. The dough should be soft and pliable.
7. Rest : Dough: Return the dough to the large bowl, cover with plastic wrap, and set aside while you prepare the chicken.
8. PREPARE THE CHICKEN:
9. Cook : Chicken: Place the chicken (breasts or thighs) in a large Dutch oven or heavy-bottomed pot. Add enough chicken broth to generously cover the meat (start with 6-8 cups; you might need more depending on your pot size).
10. Simmer : Chicken: Bring the broth to a boil over medium-high heat. Once boiling, reduce the heat to low, cover the pot, and simmer for about 25-30 minutes, or until the chicken is cooked through and

easily shredded.

11. ROLL OUT THE PASTRY:
12. Roll : Pastry: While the chicken simmers, turn the rested pastry dough out onto a lightly floured surface. Use a floured rolling pin to roll out the pastry evenly so that it's approximately 1/8 -inch thick.
13. Cut : Strips: Using a sharp knife, a pastry cutter, or a pizza cutter, slice the pastry into 3/8-inch wide and 3-inch long strips. Set aside.
14. SHRED CHICKEN & FINISH SOUP:
15. Remove : Chicken: Carefully remove the cooked chicken from the pot to a plate or large bowl. Set aside to cool slightly.
16. Boil : Broth: Return the chicken broth in the Dutch oven to a boil over medium-high heat.
17. Add : Pastry Strips: Once the broth is boiling, add the pastry strips one by one, dropping them into the simmering liquid. Reduce the heat to low, cover the pot, and simmer, stirring occasionally to prevent sticking, until the pastry is tender, about 15 minutes.
18. Shred : Chicken: While the pastry cooks, use two forks to shred the chicken into bite-size pieces, discarding the skin and bones.
19. Combine & : Thicken: Add the shredded chicken back to the pot with the cooked pastry strips. If using optional celery and carrots, add them with the chicken broth in the beginning. If using frozen peas, add them with the chicken. Cook, uncovered, for about 10 more minutes, or until the broth has thickened slightly to your desired consistency.
20. Season & : Serve: Taste the Chicken & Pastry and season with additional salt and pepper if necessary. Ladle hot into bowls, garnish with chopped fresh parsley or thyme (if using), and serve immediately.

SWAPS & NOTES

Chicken: Bone-in, skin-on chicken (breasts or thighs) provides the most flavor to the broth.

Boneless, skinless chicken can be used for convenience, but the broth may be less rich.

Chicken Broth: Use a good quality chicken broth or stock.

Low-sodium is recommended so you can control the saltiness.

TIPS FOR SUCCESS

Don't Overwork Pastry: Knead just enough to bring the dough together.

Over-kneading can result in tough pastry.

Even Pastry Thickness: Don't Overcrowd Pot with Pastry: Add pastry strips gradually to avoid them clumping together.

Keep Simmering Gentle: A low, gentle simmer ensures the pastry cooks through without falling apart or becoming mushy.

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