
Insta-cooker Chicken And Dumplings

4 portions

4 Tablespoons butter
8 medium bone-in, skin-on chicken thighs
Salt
Pepper
1/4 cup flour
4 celery stalks, chopped
3 carrots, peeled and chopped
2 onions, chopped
3 1/2 cups chicken broth
1/2 cup whole milk or half and half
2 tablespoons corn starch
1 3/4 cups flour
1/4 cup cornmeal
1 Tablespoon baking powder
1/2 teaspoon salt
1/4 teaspoon pepper
1 cup whole milk
3 tablespoon melted butter

- ➊ Preheat the insta-cooker by selecting sauté on high heat and add butter.
- ➋ Season the chicken with salt and pepper and dredge in the flour, shaking off the excess.
- ➌ Once the butter is sizzling and the pot is hot, add half of chicken in one layer. Brown on one side for 3 or 4 minutes, without moving. Flip and brown the other side. Remove and repeat with remaining chicken, set aside.
- ➍ Add the celery, carrots, and onions to the pot. Sauté for 3 minutes, scraping the bottom of the pot.
- ➎ Add the chicken and broth. Season with salt and pepper. Secure the lid.
- ➏ Select manual and cook at high pressure for 11 minutes.
- ➐ While the chicken is cooking, make the dumplings. Mix together the flour, cornmeal, baking powder, salt, and pepper in a medium bowl.
- ➑ Add the milk or half and half and melted butter, stir until just incorporated (don't over mix).
- ➒ Once cooking is complete use a quick release. Remove the chicken and set aside.
- ➓ Add the milk to the broth in the pot, mix and season with salt and pepper.
- ➑ In a small bowl, combine 1/2 cup hot broth with the cornstarch and whisk to combine. Add back into the pot.
- ➒ Select Sauté. Once simmering, scoop heaping tablespoons of dumpling mixture and drop them into the pot. Try to keep them separated and mostly submerged, without disturbing them too much.
- ➓ Reduce sauté heat to low and cook 12 to 15 minutes, loosely covered with the top without locking it, until the dumplings have doubled in size.
- ➑ Meanwhile, bone the chicken, remove and discard the skin, and shred the meat. Add back into the pot and serve.