

Chicken Slick / Chicken and Rice

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What are everyone's favorite recipes for those firehouse favorites chicken and dumplings ("chicken slick") and chicken and rice? Here's how Mike was taught to make the former when he worked at Station 15 and Station 5, back when:

Chicken and Dumplings (white meat)

Ingredients: Three or four chicken breasts (with skin), chicken stock (dry), pre-made dough strips (one box), one onion, butter, flour (optional) seasoning. Serves four to six people.

1. Chop onion.
2. Add onion and chicken to big pot of boiling water.
3. Cook chicken.
4. Remove cooked chicken from water.
5. Add dry chicken stock to water, a couple tablespoons. If chicken breasts do not have skin, add a couple more.
6. Add a half or whole stick of butter, and a dash of red pepper.
7. Add a bit more water if necessary.
8. Bring mixture to boil.
9. Reduce heat.
10. Slowly add dough strips while stirring.
11. Continue to stir, stir, stir, including the very bottom of the pot, or you'll be sorry.
12. If thicker stock desired, mix broth and flour in second pot. Add to the mix.
13. When dumplings done, remove from heat.
14. De-bone chicken.
15. Amply pepper chicken. Salt likely not needed.
16. Add to mixture.
17. Stir, serve, and eat!
18. Don't worry if you get a call, as the mixture will stay quite warm for an hour or more.

Sounds good... but it is not complete without Barbecue bread and Texas Pete – and sweet tea.

Olson - 01/22/07 - 00:05

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