

# Skybuilder's Stew

by Lemon Drop from A Recipe Reborn

- Prep time: 30 minutes
- Cook time: 1 hour
- Yields 12 servings



## Skybuilder's stew

US	Ingredients	Metric
¼ cup	butter, divided	60 g
20 oz	boneless, skinless chicken thighs	600 g
2 cups	onion, diced	290 g
¼ cup	all-purpose flour	40 g
4 cups	low/no salt chicken broth	1 liter
4 cups	small brussels sprouts	450 g
2 tsp	kosher salt	12 g
2 tsp	freshly ground black pepper	5 g
2 cups	bell pepper, sliced	270 g
2 cups	tomato, diced	420 g
1	bay leaf	1
3 cloves	garlic	3 cloves

cheesy dumpling dough

1. Set a large pot over medium heat and melt 2 tbsp/30 g of butter.
2. Add the chicken thighs and cook them until they are brown, about 8 minutes per side. Remove the chicken from the pot and set it aside.
3. Add the garlic and onions to the pot and cook them until they begin releasing liquid, about 5 minutes. Scrape up any brown bits left behind by the chicken.
4. Add the remaining butter, wait for it to melt and then stir in the flour to make a roux. Cook for about 10 minutes until it smells like cooked flour/pie dough.
5. Add the chicken broth and stir until there are no lumps of flour.
6. Cut the chicken thighs into bite-sized pieces and add them to the pot.
7. Add the sprouts, salt, pepper and bay leaf, cover the pot and bring it to a simmer.
8. Prepare the dumpling dough by following the instructions below.
9. Stir the bell peppers and tomatoes into the stew.
10. Taste the stew for seasoning and add salt and pepper as needed.
11. Using two spoons, place dollops of dumpling dough on the surface of the stew.
12. Cover the pot and cook for 15 minutes. Do not stir.

## Cheesy dumpling dough

US	Ingredients	Metric
2 cups	all-purpose flour	300 g
2 tsp	kosher salt	12 g
2 tsp	baking powder	6 g
¼ cup	chives, finely chopped	20 g
1 cup	Swiss cheese, shredded	75 g
1	egg	1
1 cup	cold water	236 mL

- In a medium bowl, mix all the ingredients until they just barely come together. Do not overmix.

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