

# Hungarian Chicken Parka's with Dumplings

2	small	small chicken - cut in to 8 pieces	1	cup	flour
1	large	onion, minced	1	Tbsp	Tab's unsalted butter
2	tsp	Hungarian paprika	1 1/2	cup	milk
2	cups	chicken broth	1	medium	tomato peeled and cut into chunks
1/2	cup	sour cream	1	medium	green bell pepper seeded & cut into 1/4-inch cubes
1	small	bay leaves	1	large	red bell pepper seeded & cut into 1/4-inch cubes
1 1/4	tsp	cayenne pepper			Salt and black pepper to taste
4	large	eggs			

- 1 When water is boiling scrape the dough into the water a spoonful at a time.
- 2 When the chicken is done, remove the chicken pieces to a plate to cool,
- 3 Using a spoon, draw some of the chicken sauce into a small bowl and slowly mix the sour cream and 1 1/4 tbsp. flour.
- 4 Stirring constantly incorporate the mixture into the broth (there should be no flour or sour cream chunks in the mixture).
- 5 Set a large pot of water on to boil for the dumplings.
- 6 Serve up the dumplings and pour sauce over them. Serve with the whole chicken pieces.
- 7 Raise heat and boil dumplings for about 7 minutes. When they rise to the surface they are done.
- 8 Put chicken parts in the pot and brown slightly with the onion and paprika mixture.
- 9 Place the butter and chopped onion in a big pot. Cook over medium/high heat until translucent, lower the heat, and add the paprika, mix well. (Careful not to burn the paprika)
- 10 Occasionally dip the spoon into the boiling water so the dough will not stick to the spoon.
- 11 FOR THE DUMPLINGS:
- 12 Drain the water from the dumplings.
- 13 Combine eggs, milk, water, flour, and salt and mix together to form dough.
- 14 Bring to a boil, cover and simmer for 25 -30 minutes.
- 15 Add bay leaves, garlic, cayenne pepper and broth to almost cover the chicken.

Servings: 4  
Yield: 4

## Cooking Times

Preparation Time: 30 minutes  
Cooking Time: 2 hours  
Total Time: 2 hours and 30 minutes

## Nutrition Facts

Serving size: 1/4 of a recipe (32.3 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients. 2 of the recipe's ingredients were not linked. These ingredients are not included in the recipe nutrition data.



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◀ Back |

Amount Per Serving	
<b>Calories</b>	504.09
Calories From Fat (35%)	175.82
	% Daily Value
<b>Total Fat</b> 19.78g	<b>30%</b>
Saturated Fat 9.76g	<b>49%</b>
<b>Cholesterol</b> 227.79mg	<b>76%</b>
<b>Sodium</b> 1258.11mg	<b>52%</b>
<b>Potassium</b> 1201.42mg	<b>34%</b>
<b>Total Carbohydrates</b> 51.56g	<b>17%</b>
Fiber 3.77g	<b>15%</b>
Sugar 23.9g	
<b>Protein</b> 29.39g	<b>59%</b>