

GERMAN CHICKEN & SLICKS (NOODLES)

F MEDIUM

Last Modified: 08/23/2014

PREP: 2+ Hrs
COOK: 1 Hr 30 Min
STOVETOP

BAR & RESTAURANT COP'

MAKES 8 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
1 1/2	Pounds	Split Chicken Breasts (Bone In/Skin On)	Halved
1 1/2	Pounds	Chicken Thighs (Bone In / Skin On)	
6	Tbsp	All Purpose Flour	Toasted
2	Tbsp	Vegetable Oil	Divided
1	Large	Yellow Onion	Chopped
3/4	Cup	Carrots (Peeled)	Thin Diced
1/4	Cup	Celery	Thin Diced
2	Tsp	Fresh Thyme Leaves	Minced
7 1/2	Cups	Chicken Stock (Swanson)	
2	Whole	Dried Bay Leaves	
1/4	Cup	Fresh Italian Parsley Leaves	Minced
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

OPTIONAL INGREDIENTS (Any or All)

1	Cup	Starchy Potatoes (Russet or Idaho)	Chopped
1/4	Cup	Green Onions (Greens & Whites)	Chopped
1/2	Cup	Fresh Green Peas (Or Frozen)	Thawed

SLICKS (CHEWY NOODLES)

1/2	Cup	Chicken Stock (Swanson)	
3	Tbsp	Reserved Chicken Fat	
2	Cups	All Purpose Flour	
1/2	Tsp	Table Salt	

PASTRY (FLUFFY NOODLES)

1 1/2	Cups	All Purpose Flour	
2	Tsp	Baking Powder	
1/2	Tsp	Black Pepper	
2	Tbsp	Unsalted Butter	Melted
1/2	Cup	Whole Milk	Room Temp
1/2	Tsp	Table Salt	

PREPARATION

FACTOID	This Recipe is basically a PA Dutch (Amish) Recipe, known to them as Chicken Pot Pie and made using Slicks Noodles. I enjoyed this comfort food often at the Good 'N Plenty Restaurant in Smoketown PA. A similar dish from the deep South is Chicken & Pastry. The difference being ONLY in the Noodle Dough. Slicks are thin and chewy while Pastry Noodles are puffy and delicate.
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HINTS	If you are using any of the Optional Ingredients (NOT used in the Original German Recipe). Add them at the appropriate time(s) to correctly cook them. I.E. Peas & Green Onions along with the Parsley, etc. etc.
TOOLS	1) Dutch Oven & Lid 2) Wooden Spoon 3) Food Processor 4) Pastry Scraper 5) 2 - Large Dinner Plates 6) Small Heat Proof Dish 7) Small Mixing bowl 8) 1" Wide Metal Ruler 9) Pizza Wheel Cutter
PREP	DISH 1) Chop the Yellow Onion and set it aside. 2) Thinly Dice the Celery and add it on top of the Onions. 3) Thinly Dice the Carrots and add them on top of the Onions. 4) Mince the Thyme Leaves and set them aside. 5) Mince the Parsley Leaves and set them aside.
1	FLOUR: In a dry dutch oven over medium high heat add in the Toasting Flour and toast until it just begins to brown while stirring constantly with a wooden spoon for about 5 minutes. Set the Toasted Flour aside in a small mixing bowl.
1	CHICKEN: Pat the Chicken Pieces dry with paper towels and Salt and Pepper them on both sides.
2	CHICKEN: Turn the heat up to medium high, add in 1 Tbsp of Vegetable Oil and heat until it just begins to smoke. Put in the Chicken Pieces, skin side down. Fry until nicely browned on both sides, about 5 minutes per side. Remove the Chicken to a plate and set it aside to cool slightly. Pour the Chicken Fat (Schmaltz) still in the dutch oven into a small heat proof dish and set it aside (You will need 3 tablespoons of clear fat - if there is not enough, add in enough Vegetable Oil to make up the difference).
3	CHICKEN: Lower the heat to medium, add in the final tablespoon of Vegetable Oil and the Chopped Onions, Diced Carrots and Celery, saute until the Onions are soft and beginning to brown slightly, about 5 minutes. Add in the Thyme and cook for about 30 seconds while stirring.
4	CHICKEN: Add in the Chicken Stock, and Bay Leaves. Scrape the bottom of the dutch oven to loosen the Fond. Heat until the Stock just begins to bubble slightly. Lower the heat to a simmer.
1	PASTRY: In a medium mixing bowl, add in the Flour Baking Powder, Black Pepper and Salt and stir to mix thoroughly.
2	PASTRY: Melt the Butter in the microwave, pour it into the milk and mix thoroughly.
3	PASTRY: Add the Milk Mix into the Flour Mix and stir to mix until it just comes together.
4	PASTRY: Lightly Flour a work surface, turn the Flour Mixture out and knead it briefly until it comes together into a solid, smooth mass. Cut the mass in half. Roll each half into a 10 inch square that is about 1/8 inch thick. If necessary, the Dough can be sealed in plastic wrap and refrigerated for a maximum of 24 hours prior to rolling it out.

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5	PASTRY: Lightly Flour a work surface, turn the Flour Mixture out and knead it briefly until it comes together into a solid, smooth mass. Cut the mass in half. Roll each half into a 10 inch square that is about 1/8 inch thick. If necessary, the Dough can be sealed in plastic wrap and refrigerated for a maximum of 24 hours prior to rolling it out.
6	PASTRY: Cut each square into strips using a 1" wide metal ruler and a pizza wheel cutter. Cut again at a 45 degree angle to create pretty diamonds.
1	SLICKS: In a medium mixing bowl, add in the Chicken Stock, and reserved Chicken Fat and stir to mix thoroughly.
2	SLICKS: In a food processor, add in the Flour and Salt, pulse a couple of times to mix. Take the feed tube off and with the food processor running, slowly drizzle in the Chicken Stock Mixture. Continue until the Flour looks like coarse Corn Meal. Watch it closely, do not overmix it.
3	SLICKS: Lightly Flour a work surface, turn the Flour Mixture out and knead it briefly until it comes together into a solid, smooth mass. Cut the mass in half. Roll each half into a 10 inch square that is about 1/8 inch thick. If necessary, the Dough can be sealed in plastic wrap and refrigerated for a maximum of 24 hours prior to rolling it out.
4	SLICKS: Cut each square into strips using a 1" wide metal ruler and a pizza wheel cutter. Cut again at a 45 degree angle to create pretty diamonds. Spread the cut Slicks on a large plate as you go.
5	SLICKS: Place the Slick Plate in the freezer for at least 10 minutes (30 minutes maximum). If you cook them without first freezing them, they will simply fall apart and become a nasty, slimy, gooey mass.
1	BROTH: Remove the Chicken Pieces to a plate and set it aside to cool. Remove and discard the Bay Leaves. Stir the frozen Slicks or the fresh Pastry into the simmering liquid a few at a time. Once all are in, stirring them often so they do not stick together, simmer the Noodles while covered until they are almost done, about 15 minutes.
2	CHICKEN: Using 2 paper towels, remove the Chicken Skins and discard them. Leaving the Skins on will make the Broth <u>VERY</u> greasy. Add the Skinless Chicken back in the dutch oven, also pouring any liquid remaining on the plate back into the dutch oven. Cover and simmer them gently for about 20 minutes.
3	GRAVY: Take 1 Cup of the hot simmering Broth and whisk it into the reserved Toasted Flour until you get a very thick paste (NO LUMPS).
4	GRAVY: Gently stir the Toasted Flour Paste back into the Broth and continue to simmer it until the Broth thickens, about 3 minutes. Using two forks, shred the Chicken into bite sized pieces, discarding the Bones Cartilage and any Fat you find.
5	FINISHING: Gently stir the Shredded Chicken back into the pot and allow to heat for about 1 minute. Stir in the Minced Parsley and adjust it to taste with Salt and Pepper.
SERVE	Serve while hot in warmed bowls.

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