



Chicken Paprika with Tiny Potato Dumplings *(adapted from High Plains Cookbook, The Joy of Alberta Cuisine)*

8 skinless, boneless chicken thighs
Salt and coarse ground black pepper
All-purpose flour for dredging
2 tablespoons olive oil
1 large onion, finely chopped
2 red sweet bell peppers, sliced
1 tablespoon Hungarian sweet paprika
1 teaspoon dried thyme
1 tablespoon apple cider vinegar
1/2 cup dry white wine
14 ounce can low sodium chicken stock
2 tablespoons tomato paste
2 tablespoons Dijon mustard
1/2 cup sour cream
Chopped parsley as garnish

Heat oil in a heavy Dutch oven until shimmering. Season chicken thighs with salt and pepper, and then dredge in flour shaking off excess. Brown chicken on all sides being careful not to crowd pan - takes about 10 minutes. Remove to a bowl and set aside. Add onions and peppers to pot and sauté until onion is softened. Sprinkle with paprika and thyme and cook, stirring constantly, for 1 minute. Add vinegar and white wine and cook, scraping any browned bits from bottom of the pot, until the wine is almost completely reduced. Add chicken stock and tomato paste, stirring well to incorporate. Return chicken to the pot along with any accumulated juices. Bring to a boil, then lower heat to simmer, cover and cook for 40 minutes or until chicken is very tender. Remove chicken to a bowl and keep warm. Increase heat and simmer until sauce is reduced to a thick consistency. Reduce heat to low and whisk in mustard and sour cream. Return chicken to pot to warm. Garnish with parsley and serve with noodles or dumplings. Serves 4

Potato Dumplings (Spatzle)

1 cup cold mashed potatoes
2 cups all-purpose flour
1/2 teaspoon salt
1 egg
1 tablespoon melted butter
1 cup warm water
1/4 cup Butter
Salt and freshly ground pepper

Heat a large pot of boiling water to a rolling boil. Meanwhile mix together potatoes, flour and salt in a large bowl working mixture with your fingers until it is crumbly. Whisk together egg, butter and warm water. Make a well in the center of the potato/flour mixture and add liquid. Using a fork, gradually incorporate dry ingredients into the liquid until you have a smooth soft dough. Using a potato ricer or a colander with large holes and a spoon, press dough through holes into boiling salted water. Stir pot and when dumplings rise to the top remove them with a spider and drain in a colander. Set aside and repeat process until all dough is used.

Heat large sauté pan over medium high heat. Add butter and when butter is melted, add dumplings. Sauté until dumplings are slightly golden, stirring often. Season with salt and pepper.