

Missive Office



Recipes from
the Rubicondus
Keep's Kitchen

The Blood Kings Favorite

- 4 Skinless Chicken Breasts - Chopped
- 1 onion - Diced
- 4-6 cloves of garlic - Diced
- 1 ½ cup of carrots (never tried frozen but it should work) - Chopped
- 1 ½ cup of peas (can be frozen)
- 1 ½ cup of corn (can be frozen)
- 3-5 large potatoes - chopped (always peel)
- 1 cup celery and or mushrooms (optional) - Chopped
- 3-5 tablespoons of better than bullion chicken flavor (don't skimp on this always by better then bullion in the glass jar)
- 1 tablespoon pepper (to taste you can always add more)
- 1 ½ teaspoon of tarragon
- 1-2 tablespoons of salt (to taste you can always add more)
- 1 ½ tablespoon of olive oil

In a medium size skillet (Skillet pans usually used for cooking eggs and grilled cheese) put in olive oil and heat according to directions, add garlic, onions, and better then bullion to mix and simmer for 2 minutes. Add chopped chicken and cook for another 8-10 minutes. The chicken does not have to be completely cooked through but it can be.

In another large must be able to hold 8-12 cups of water. OR you can use a roaster if available preheat oven to 425. Roasters are often used to cook turkeys on thanksgiving but make excellent soup. Either way pour in 6 cups of water into pan adding carrots and potatoes.

Once the chicken is done add the chicken, garlic, onions, and bullion mixture **DO NOT STRAIN**. Put on medium heat for 30 minutes or put into preheated oven for thirty minutes.

Check soup after thirty minutes add pepper, salt, or tarragon to taste.

To add Dumplings:

- 2 cups flour sifted
- 3 tea spoons baking powder
- ½ teaspoon salt
- 2 table spoon fresh parsley or cilantro fresh table dry tea
- 4 tablespoons shortening
- ¾ 1 cup of milk



Treat as pie crust (very delicate) don't press or mix too hard otherwise the air will go out of them. Take all dry ingredients then add shortening mix to resemble coarse meal. Then go ahead add milk. Lightly mix. Make sure soup is at a full boil. Put dumplings in one at a time using two spoons, do this quickly as the dumplings start to cook the moment they hit the soup. Put lid on for 20 minutes and turn the stove down to low. **DO NOT LIFT LID FOR 20 min.**