

Chicken & Vegetables in Milk Gravy

Ingredients:

*1 roasting chicken, quartered (4-5
pounds)*

¼ cup flour

1½ teaspoons salt

¼ teaspoon pepper

¼ cup butter

2 cups chicken broth

2 tablespoons chopped parsley

12 peeled small white onions

6 carrots, scraped & cut into chunks

2 cups milk

¼ teaspoon nutmeg

Wash chicken & pat dry. Dust with flour & sprinkle with ½ teaspoon salt & 1/8 teaspoon pepper. Brown the chicken slowly in butter, in a heavy casserole. Pour in broth & parsley. Cover casserole & bake in a moderate oven, 350°F, for 1 hour, basting occasionally.

Meanwhile, parboil onions & carrots for ~15 minutes. Drain vegetable water into a bowl & refrigerate. Arrange vegetables around chicken. Cover, return to oven, & continue baking until chicken & vegetables are done, ~30 minutes. Remove to serving dish & turn broth into a saucepan. Skim broth, if necessary.

Make a thin paste of ½ cup flour & 2/3 cup refrigerated vegetable water. Add to broth, stirring constantly. Then add milk & simmer until thickened. When sauce has reached boiling point, add remaining seasonings & pour over chicken & vegetables. Serve over split hot biscuits or with dumplings (see Cloud Biscuits).