



Chicken and dumplings is a classic dish known for its [tender chicken](#), creamy or broth-based sauce, and soft, pillowy dumplings. The air fryer adds a modern twist, creating golden-brown dumplings with a crispy exterior while preserving their fluffy interior. Paired with perfectly cooked chicken, this dish is faster and just as satisfying as the stovetop or oven alternatives.

Whether you're making dumplings from scratch, using biscuit dough, or cooking frozen dumplings straight from the freezer, the air fryer offers versatile options to suit every appetite.

Ingredients Needed for Air Fryer Chicken and Dumplings

Before you get cooking, gather the following ingredients. These may vary depending on the version of chicken and dumplings you'd like to make.

For a Classic Air Fryer Chicken and Dumplings Recipe:

- **Chicken breast or thighs** (boneless and skinless)—1 to 2 pounds
- **Premade biscuit dough** or **homemade dumpling dough**
- **Chicken broth**—3 to 4 cups (if making a stew version)
- **Vegetables**—diced carrots, celery, and peas are popular choices
- **Flour** or **cornstarch** (for thickening broth if needed)
- **Olive oil spray**—to coat ingredients for even browning
- **Seasonings**—salt, pepper, onion powder, and garlic powder

For frozen pre-made dumplings, you can skip steps like preparing the dough, but feel free to enhance the flavor with dipping sauces or broth-based additions.

How to Make Air Fryer Chicken and Dumplings with Biscuits

Using biscuit dough is one of the easiest ways to make light and fluffy dumplings. Here's how to do it in the air fryer:

1. **Prep Your Dough**—Cut premade biscuit dough into small, bite-sized pieces. If you prefer from-scratch dumplings, mix flour, baking powder, salt, milk, and butter to form



a dough.

2. **Season the Chicken**—Lightly coat your chicken with olive oil, salt, pepper, and seasonings of your choice.
3. **Cook the Chicken**—Place seasoned chicken in your air fryer basket and cook at 375°F for 15 minutes, flipping halfway.
4. **Add the Dough**—Remove the chicken and add your biscuit pieces to the air fryer basket. Spray with olive oil for extra crispiness. Air fry at 350°F for 8 to 10 minutes.
5. **Combine and Serve**—Shred the cooked chicken and mix it into a warm bowl of broth with vegetables. Top it off with your golden-brown dumplings!

Cooking Air Fryer Dumplings That Aren't Frozen

When it comes to cooking air fryer dumplings that aren't frozen, there are a few key steps to follow for perfectly cooked, crispy dumplings. Here's what you need to know:

- **Preheat the Air Fryer:** Just like with frozen dumplings, it's important to preheat your air fryer before cooking fresh dumplings. This helps ensure even and efficient cooking.
- **Lightly Grease the Air Fryer Basket:** To prevent the dumplings from sticking to the basket, lightly grease it with cooking spray or a small amount of oil.
- **Place the Dumplings in the Air Fryer:** Arrange the fresh dumplings in a single layer in the air fryer basket, leaving some space between them for proper air circulation.
- **Cooking Time and Temperature:** Set the air fryer to 375°F and cook the dumplings for approximately 10 to 12 minutes. Flip them halfway through the cooking time to ensure they cook evenly.
- **Check for Doneness:** To ensure the dumplings are fully cooked, insert a toothpick into the center of a dumpling. If it comes out clean and the dumplings are golden brown, they are ready to be enjoyed.

By following these steps, you can achieve perfectly cooked, delicious dumplings in your air fryer without having to rely on frozen ones. Enjoy the crispy texture and flavorful filling of freshly cooked dumplings in no time!

Tips for Perfectly Steamed Dumplings in an Air Fryer:

- **Prevent Stickiness:** Before placing the dumplings in the air fryer, lightly coat them with a thin layer of cooking oil or use parchment paper to prevent sticking.
- **Maintain Moisture:** To ensure your dumplings stay moist, you can place a small bowl of water in the air fryer while cooking. This will help create steam and keep your



dumplings from drying out.

- **Avoid Overcrowding:** Give your dumplings enough space to cook evenly. Avoid overcrowding the air fryer basket, as this can lead to uneven cooking and soggy dumplings.
- **Adjust Cooking Time:** Cooking times may vary based on the size and thickness of your dumplings. It's always a good idea to start with the recommended cooking time and adjust as needed. You can check for doneness by inserting a toothpick into the dumpling and ensuring it comes out clean.
- **Experiment with Temperature:** If you find that your dumplings are browning too quickly or not cooking evenly, try adjusting the temperature slightly. Every air fryer is different, so don't be afraid to experiment with different settings to achieve the perfect steamed dumplings.
- **Serve Immediately:** Steamed dumplings are best enjoyed when served immediately. They tend to lose their texture and taste if left out for too long, so serve them right away for the best experience.

With these tips in mind, you can achieve delicious and perfectly steamed dumplings in your air fryer. Enjoy the delightful combination of soft and moist dumpling wrappers and flavorful fillings in every bite!

How Long to Cook Dumplings in an Air Fryer: A Time Guide

Cooking times can vary based on the type and size of your dumplings. As a general guide:

- Frozen dumplings: 10 to 12 minutes at 375°F
- Biscuit dough dumplings: 8 to 10 minutes at 350°F
- Homemade fresh dumplings: 10 to 12 minutes at 350°F

Always preheat your air fryer for even cooking.

Step-by-Step Guide to Cooking Fresh Dumplings in an Air Fryer

Cooking fresh dumplings in an air fryer is a simple and convenient way to enjoy these delectable treats. Follow these steps for perfectly cooked dumplings:



1. **Prepare the Dumplings:** Start by preparing your fresh dumplings. You can make your own dumpling dough or use pre-made dumpling wrappers. Fill the wrappers with your desired filling, such as minced meat, vegetables, or a combination of both.
2. **Preheat the Air Fryer:** Preheat your air fryer to the recommended temperature for fresh dumplings. As a general guide, set the temperature to 350°F for homemade fresh dumplings.
3. **Arrange the Dumplings:** Place the prepared dumplings in a single layer inside the air fryer basket, making sure they are not touching each other. This allows for even cooking and ensures that they crisp up nicely.
4. **Cook the Dumplings:** Cook the fresh dumplings in the preheated air fryer for about 10 to 12 minutes at 350°F. The exact cooking time may vary depending on the size and thickness of your dumplings, so it's always a good idea to check for doneness by cutting one open and ensuring that the filling is cooked through.
5. **Flip or Shake:** If desired, you can gently flip or shake the dumplings halfway through the cooking process to ensure even browning on all sides.
6. **Serve and Enjoy:** Once the fresh dumplings are golden brown and cooked to perfection, carefully remove them from the air fryer. Serve them hot with your favorite dipping sauce or enjoy them on their own. Indulge in the delightful combination of crispy exteriors and tender, flavorful interiors.

With this simple step-by-step guide, you can easily create delicious and perfectly cooked fresh dumplings in your air fryer. Enjoy the convenience and delectable results of air-fried dumplings right in your own kitchen!

Making Air Fryer Dumplings for Stew: A Hearty Option

When it comes to comfort food, nothing beats a warm and hearty bowl of stew with savory dumplings. With your air fryer, you can easily whip up this comforting dish in no time. Here's how:

Ingredients:

- Your favorite stew recipe (e.g., beef stew, chicken stew, vegetable stew)
- Dumpling dough (homemade or store-bought)

Instructions:

1. Prepare your stew as usual, allowing it to simmer and develop rich flavors.
2. While the stew is cooking, prepare the dumpling dough according to your preferred



recipe or package instructions.

3. Roll the dumpling dough into small balls, about 1-2 inches in diameter.
4. Place the dumplings onto the air fryer basket, leaving some space between them for even cooking.
5. Set your air fryer to the appropriate temperature and cooking time. Generally, 375°F (190°C) for about 10-12 minutes should do the trick, but adjust as needed based on your air fryer's instructions.
6. Carefully place the air fryer basket with the dumplings into the air fryer and cook until the dumplings are golden brown and cooked through.
7. Once the dumplings are done, carefully remove them from the air fryer and place them in the simmering stew.
8. Allow the dumplings to soak up the flavors of the stew for a few minutes before serving.
9. Serve the stew and dumplings hot, garnished with fresh herbs if desired.

Enjoy the delightful combination of tender dumplings and hearty stew, all conveniently prepared in your air fryer. It's the perfect dish to warm your soul on a chilly day.

Exploring Ninja Air Fryer Chicken and Dumplings Recipes

Step by Step Instructions:

1. Start by preparing the chicken and dumplings filling. Sauté diced chicken breast, onions, and garlic in a skillet until the chicken is cooked through and the onions are translucent.
2. Add vegetables such as carrots, celery, and peas to the skillet and cook until tender.
3. Season the mixture with herbs and spices like thyme, rosemary, salt, and pepper to enhance the flavor.
4. In a separate pot, prepare the chicken broth or stock. Bring it to a simmer.
5. Roll out the dumpling dough, either homemade or store-bought, and cut it into small pieces.
6. Place the dumplings on a parchment paper-lined tray and lightly brush them with oil for a golden brown finish.
7. Preheat your Ninja Air Fryer to the recommended temperature for baking, typically around 350°F.
8. Carefully transfer the tray of dumplings to the air fryer basket and cook for about 10-12 minutes or until they are golden brown and cooked through.



9. Once the dumplings are done, carefully remove them from the air fryer and add them to the simmering chicken broth.
10. Allow the dumplings to soak up the flavors of the broth for a few minutes before serving.
11. Serve the chicken and dumplings hot, garnished with fresh herbs if desired, and enjoy this comforting and delicious meal prepared effortlessly in your Ninja Air Fryer.

With the Ninja Air Fryer, you can achieve perfectly cooked and flavorful chicken and dumplings in a fraction of the time it would traditionally take. So go ahead and explore different variations of this classic dish, experimenting with various seasonings and ingredients to create your own signature recipe.

How to Air Fry Frozen Dumplings for Quick Snacks

Air frying frozen dumplings is a convenient and time-saving way to enjoy quick snacks or appetizers. Here's a simple step-by-step guide to air fry frozen dumplings to perfection:

1. **Preheat your air fryer:** Preheat your air fryer to the recommended temperature stated on the dumpling packaging. This step ensures even cooking and crispy results.
2. **Arrange the dumplings:** Place the frozen dumplings in a single layer in the air fryer basket. Avoid overcrowding the basket to allow proper airflow and even cooking.
3. **Apply oil (optional):** If desired, lightly brush or spray the dumplings with a small amount of oil. This step helps to enhance the crispiness of the dumplings.
4. **Air fry the dumplings:** Set the air fryer to the recommended time and temperature for frozen dumplings. Typically, this will be around 350°F (175°C) for 10-15 minutes. However, cooking times may vary depending on the brand and size of the dumplings, so follow the instructions on the packaging for best results.
5. **Shake or flip:** If your air fryer does not have a built-in rotation function, shake the basket or flip the dumplings halfway through the cooking time. This ensures even browning on all sides.
6. **Check for doneness:** After the recommended cooking time, check the dumplings for doneness. They should be golden brown and crispy on the outside, and the filling should be steaming hot.
7. **Serve and enjoy:** Carefully remove the dumplings from the air fryer and serve them hot. They can be enjoyed on their own or served with your favorite dipping sauce.

With these simple steps, you can enjoy delicious and crispy frozen dumplings in no time, making them the perfect quick snack or appetizer for any occasion.



Essential Tools and Accessories for Making Dumplings in an Air Fryer

To make the most out of your dumpling cooking experience in an air fryer, having the right tools and accessories can greatly enhance your results. Here are some essential items you may find useful:

1. **Silicone Brush:** A silicone brush can be handy for lightly brushing the dumplings with oil, helping to achieve a golden and crispy texture.
2. **Tongs:** Tongs are useful for flipping the dumplings during cooking to ensure even crispness on all sides. They also come in handy for safely removing the dumplings from the air fryer.
3. **Parchment Paper:** Placing a piece of parchment paper in the air fryer basket can prevent the dumplings from sticking and make cleanup easier.
4. **Dipping Sauce Bowls:** Having small bowls for serving your favorite dipping sauces alongside the dumplings allows for a delightful flavor combination.
5. **Kitchen Timer:** While most air fryers have built-in timers, having a separate kitchen timer can be helpful for keeping track of cooking times, especially if you are multitasking in the kitchen.

Having these tools and accessories at hand will ensure a smooth and enjoyable cooking process as you create delicious and crispy dumplings in your air fryer. Get ready to savor the irresistible flavors and textures of homemade dumplings from the convenience of your own kitchen!

Common Mistakes to Avoid When Cooking Dumplings in an Air Fryer

Cooking dumplings in an air fryer can yield delectable results, but it's essential to avoid these common mistakes for optimal cooking success:

1. **Overcrowding the Air Fryer Basket:** To ensure even and crispy cooking, avoid overcrowding the air fryer basket. Leave enough space between dumplings to allow hot air to circulate properly for uniform cooking.
2. **Skipping Preheating:** Preheating the air fryer is crucial for achieving the desired texture and doneness. Skipping this step may result in undercooked dumplings. Follow the manufacturer's instructions for preheating the air fryer before adding your



dumplings.

3. **Not Adjusting Cooking Time and Temperature:** Cooking times and temperatures may vary depending on the size and thickness of your dumplings. Adjust the cooking settings accordingly, following the recipe guidelines or the manufacturer's recommendations for cooking dumplings.
4. **Using Too Little or Too Much Oil:** While air frying requires less oil compared to traditional frying methods, using too little oil may result in dry dumplings. On the other hand, excessive oil may lead to greasy and soggy dumplings. Follow the recipe instructions for oil amounts or use a light brush of oil to achieve the perfect balance of crispiness and moisture.
5. **Not Flipping or Shaking the Dumplings:** For even browning and crispy texture, flip or shake the dumplings halfway through the cooking process. This helps to ensure that all sides are evenly cooked and golden.

By avoiding these common mistakes, you can achieve air-fried dumplings that are perfectly cooked, flavorful, and satisfyingly crispy. Enjoy the delightful taste of homemade dumplings with the convenience and health benefits of air frying!

Health Benefits of Cooking Chicken and Dumplings in an Air Fryer

Cooking chicken and dumplings in an air fryer offers several health benefits that make it a favorable cooking method. Here are 9 reasons why air frying is a healthier choice:

1. **Less Oil:** Air frying requires significantly less oil compared to traditional deep-frying methods, reducing the overall fat and calorie content of the dish.
2. **Reduced Saturated Fat:** By using less oil, air frying helps lower the intake of saturated fats, which can contribute to heart disease and other health concerns.
3. **Lower Calorie Intake:** Air frying allows excess fat to drip off, resulting in a lower calorie content compared to deep-fried versions of chicken and dumplings.
4. **Crispy Texture:** Air fryers achieve a crispy texture without the need for excessive oil, providing a satisfying crunch without compromising on taste.
5. **Healthier Cooking Process:** Air frying preserves more nutrients in the ingredients due to the shorter cooking time and the absence of excessive oil exposure.
6. **Minimal Acrylamide Formation:** Air frying reduces the formation of acrylamide, a potentially harmful substance that can be produced during high-heat cooking methods.
7. **Promotes Portion Control:** Air fryers are typically smaller in size, making it easier to portion meals and control serving sizes, aiding in maintaining a balanced diet.



8. **Convenience and Time-Saving:** Air fryers offer a faster cooking process, reducing the time spent in the kitchen and potentially encouraging home-cooked meals over processed or take-out options.
9. **Versatile Cooking Options:** Air fryers can be used for a wide range of dishes, allowing for healthier variations of favorite meals without sacrificing taste and texture.

By utilizing an air fryer to cook your chicken and dumplings, you can enjoy a delicious and satisfying meal while reaping the numerous health benefits associated with this cooking method.

Variations of Air Fryer Chicken and Dumplings Recipes

Here are a few exciting variations of air fryer chicken and dumplings recipes to elevate your culinary experience:

1. **Spicy Buffalo Chicken Dumplings:** Toss cooked chicken dumplings in your favorite buffalo sauce, then air fry them for a few minutes until crispy. Serve with ranch or blue cheese dressing for a delicious twist on a classic appetizer.
2. **Asian-Inspired Dumplings:** Fill your dumplings with a savory mixture of ground pork, ginger, garlic, and soy sauce. Air fry until golden brown and serve with a dipping sauce made from soy sauce, rice vinegar, and sesame oil for an Asian-inspired treat.
3. **Vegetarian Dumplings:** Create a vegetarian version by using a filling of finely chopped mushrooms, cabbage, carrots, and scallions. Season with soy sauce, sesame oil, and garlic. Air fry until the dumplings are crispy and golden, and serve with a tangy dipping sauce of your choice.
4. **Sweet Dessert Dumplings:** Experiment with sweet dumplings by filling them with a mixture of fruits like apples, berries, or peaches. Sprinkle with cinnamon and sugar, then air fry until golden brown. Serve with a drizzle of caramel sauce or a scoop of vanilla ice cream for a delightful dessert.

Feel free to get creative and customize your air fryer chicken and dumplings to suit your taste preferences. The versatility of the air fryer allows for endless culinary experiments, ensuring a delightful and satisfying meal every time. Enjoy exploring these variations and have fun in the kitchen!

Conclusion

Air fryer chicken and dumplings offer a contemporary twist to a beloved comfort dish. With



the air fryer's convenience and versatility, you can enjoy crispy, golden dumplings without the need for excess oil. The possibilities for flavor variations are endless, allowing you to customize your dish to suit your taste preferences. Whether you're looking for a quick and satisfying weeknight meal or a crowd-pleasing dish for special occasions, air fryer chicken and dumplings are sure to impress. So, grab your air fryer, get creative in the kitchen, and indulge in the comforting goodness of this modern take on a classic favorite.

FAQs

Q: Can I use frozen dumplings for air fryer chicken and dumplings?

A: Yes, you can use frozen dumplings in the air fryer. Simply adjust the cooking time according to the package instructions or until the dumplings are golden and cooked through.

Q: Can I make air fryer chicken and dumplings ahead of time?

A: While dumplings are best enjoyed fresh, you can prepare the chicken mixture ahead of time and store it in the refrigerator. When ready to serve, assemble the dumplings and air fry them for a crispy finish.

Q: Can I use other meats instead of chicken in air fryer chicken and dumplings?

A: Absolutely! Feel free to experiment with different meats like turkey, pork, or even vegetarian options like tofu. Adjust the cooking times accordingly based on the specific meat you choose.

Q: Can I double the recipe for a larger crowd?

A: Yes, you can easily double or triple the recipe to serve a larger group. Just make sure you have enough space in your air fryer to accommodate the increased quantity and adjust the cooking time if necessary.

Q: How should I store leftovers?

A: If you have any leftovers, let them cool completely and then store them in an airtight container in the refrigerator. Reheat in the air fryer for a few minutes to regain the crispy texture before serving.



Q: Can I make gluten-free dumplings in the air fryer?

A: Yes, you can use gluten-free flour or alternative flours to make gluten-free dumplings. Follow a gluten-free dumpling recipe and adapt it for cooking in the air fryer.

Explore these FAQs to address common queries and make the most of your air fryer chicken and dumplings experience. Happy cooking!