

Chicken Pot Pie

Ingredient List

chicken parts, whole (0.80 kg)	AP flour (¼ cup)
OR chicken breasts, boneless and skinless (0.35 kg)	half-and-half (¾ cup)
carrots (2-3 whole)	kosher salt
celery (1-2 stalks)	ground pepper
chicken stock/broth (2 cups)	biscuit dough/pie shell/puff pastry
onion (1-2 medium)	frozen peas (½ cup)
bay leaves	fresh parsley (optional)
butter (3 tbsp, divided)	

Directions

If leftover chicken is not available, prepare the poached chicken recipe as follows. Otherwise, skip to the next step.

Poached Chicken

Cut **1 whole carrot** and **1 celery stalk** into 2-inch pieces. Quarter **1 medium onion**. Place **0.8 kg chicken parts OR 0.35 kg chicken breasts** in a Dutch oven or large pot. Add **aromatics** (carrot, celery, onion) and **several bay leaves**. Cover with **2 cups chicken stock/broth** (preferably homemade or reduced salt) and enough water to cover the contents of the pot.

Bring pot to a simmer, and then reduce heat until the liquid doesn't quite bubble. Partially cover, and cook for *25-30 minutes* (chicken parts) or *8-12 minutes* (chicken breasts), until the juices from the meat run clear.

Remove the meat and let it cool before separating and shredding. Strain the remaining liquid and set aside.

Creamed Chicken

Have on hand: **0.34 kg cooked chicken meat**, separated and deboned.

Melt **2 tbsp butter** in a large saucepan. Whisk in **¼ cup AP flour**. Cook for *1 minute*, whisking constantly, until the flour gives off a nutty aroma. Remove the pan from the heat and whisk in **1 cup chicken broth** and **¾ cup half-and-half**, until smooth.

Increase the heat and bring the mixture to a simmer, whisking constantly, and then cook for *1 minute*. Stir in the cooked chicken and cook for another *1 minute*.

Season, to taste, with **kosher salt** and **ground pepper**.

Chicken Pot Pie

Have on hand: **creamed chicken**, and **biscuit dough/pie crust/puff pastry**.

Preheat the oven to 400°F. Lightly grease a medium size casserole dish.

Chop **1 medium onion** and dice **2 carrots** and **1 celery stalk**. Melt **1 tbsp butter** in a large skillet and add **vegetables**. Cook vegetables, stirring often, for *5-10 minutes*, until softened.

Stir the vegetables into the creamed chicken, along with **½ cup frozen peas** and **1 tbsp fresh parsley, minced** (optional).

Pour the mixture into the casserole dish and top with biscuits/pie crust/puff pastry.

Bake in upper half of the oven for *20-40 minutes*, until the sauce is bubbling and the top is golden brown. Let sit for *10 minutes* before serving.

Makes 4 servings.

Notes

This recipe is best with a mixture of white and dark meat, although all white meat can be used. Turkey also works well in the recipe.

Nutrition (per serving, with biscuit topping)

Calories	566	Carbohydrate	41 g	Vitamin C	11 %DV
Total fat	29 g	Dietary fibre	3 g	Calcium	11 %DV
Saturated fat	12 g	Sugars	6 g	Iron	21 %DV
Cholesterol	118 mg	Protein	34 g		
Sodium	923 mg	Vitamin A	120% DV		