

Foods 11/12 (A)

S. Grier

## CHICKEN POT PIE

**Pastry:**        250 ml flour                100 ml Crisco shortening  
                      2 ml salt                    1/2 beaten egg (25 ml)  
                      15 ml ice water            5 ml vinegar

### Filling:

25 mL            chopped onion  
2                  garlic cloves, minced  
1                  carrot, peeled and diced  
1                  piece of celery, diced  
100 mL          frozen peas or corn  
½                 chicken breast, cubed  
40 mL           margarine  
50 mL           flour  
1 mL             salt, parsley, basil, pepper and powdered mustard  
1/2 mL          sage (optional)  
2 mL             pepper  
175 mL          whole milk  
10 mL           instant chicken bouillon powder  
125 mL          hot tap water

### METHOD:

Preheat oven to 400 F (200C).

Mix together flour and salt in a medium bowl. Cut in the Crisco shortening with a pastry blender until the size of small peas.

Mix together the ice water, vinegar and 25 ml of beaten egg and add to the flour then stir with a fork until it comes together as a ball. (TEACHER CHECK) Wrap it in saran wrap, label and put in fridge to chill till ready to roll out.

Peel the carrot. Dice the carrot, celery and onion. Mince the garlic and break apart the broccoli florets into small pieces. Put all the prepped vegs in a small bowl.

In a glass liquid measure mix together the hot water, chicken bouillon and milk.

Dice the chicken and cook in a small amount of vegetable oil in a small pot. Once the chicken is half cooked, add in all of the diced vegetables and cook till the largest chicken cube is no longer pink inside. Add some seasoned salt and pepper and the peas or corn. Place the vegs back in the small bowl.

Quickly rinse out the pot with hot water but do not wash.

Put the pot on med-high heat and melt the margarine. As soon as it has melted add the flour and whisk it for 30 secs. Pour in ½ of the milk mixture and whisk till smooth and starting the thicken, then pour in the rest and continue whisking till thickened.(Do not let it boil and burn!) Add the seasonings you desire.

Stir the chicken and vegetables into the creamy sauce. Pour the mixture into the white casserole dish.

Roll out the pastry dough till it extends about 2 inches past the size of the dish.

Place pastry on top of the chicken filling. Trim the edges leaving about a 1 inch pastry overhang and then seal by decorating with a pinched edge.

Put three (3) slashes across the top of the pastry to let steam escape. Brush with a thin layer of egg wash if desired. Cook for about 20 min or till crust is golden brown.