

Chicken Pot Pie



Recipe by Phu Mai from MDAR

Ingredients:

- 3 cups of oven roasted chicken chopped - (I use skinless boneless thigh fillets but you can also use breast meat as well if you prefer white meat or combination of both. Also, I like a lot of chicken in my pot pie. If you don't, dial it back to 2 cups)
- 2 carrots peeled and thickly sliced
- 1 potato cubed (1/2 inch pieces)
- 1/2 cup frozen peas
- 1 medium white or yellow onion finely chopped
- 2 pieces of 9-inch circular pastry dough (instructions below or you can use pre-made dough from the grocery store)
- 2-3 garlic cloves minced
- 4 Tablespoons of flour
- 4 Tablespoons of butter
- 1/2 cup light cream
- 1/2 cup chicken broth
- Salt and pepper to taste (I used sea salt and fresh pepper from a mill)
- Herbs de Provence
- Olive oil

Pastry Dough recipe:

- 2 and ½ cups pastry or all-purpose flour
- 1 cup (2 sticks) cold unsalted butter cut into ½ inch pieces
- 1 teaspoon salt
- 3 tablespoons ice water

Directions:

In a bowl, combine flour and salt. Add in cold butter and use a pastry blender to incorporate until the mixture resembles coarse meal (you should still see bits of butter still remaining, it should not be completely smooth). Slowly add the ice water and continue to mix with the pastry blender until the dough is able to hold itself together (you may need to add up to 3 more tablespoons of ice water but do it 1 tablespoon at a time). Once the dough has gotten to the point where it is firm and can hold itself together, form into a ball and wrap it in plastic wrap and place in the refrigerator for one hour. Take the dough out of the fridge and let sit for 5-10 minutes for it to soften up a bit. Divide into 2 equal parts and form each piece into a ball. Using a rolling pin, roll out dough into 9 inch circles (be sure to flour your pin so the dough doesn't stick).

Cooking Steps:

1. On a baking sheet (I usually wrap with foil first for easy clean-up), season the chicken with salt, pepper, and various poultry spices (I like to use savory, marjoram, rosemary, thyme, and oregano...otherwise known as herbes de provence). Be sure to flip the pieces over so that both sides are seasoned. Drizzle olive oil over the meat. Bake the chicken in the oven at 375F for 35-40 minutes. Let the chicken cool slightly (10-15 minutes) before chopping up into chunky pieces. Throw the cut-up chicken into a large mixing bowl.

2. While chicken is baking, use this time to boil the cubed potatoes and sliced carrots in salted water in a saucepan for 10-15 minutes. When done, drain and toss into the mixing bowl with the chicken. At this time, throw in the frozen peas to the bowl.
3. To make the gravy, add the butter to a medium sized saucepan and saute the chopped onions and garlic on medium-low heat for 10 minutes until they turn translucent and making sure the onions don't brown (I know this seems like a lot of butter but in the next step, you'll see why).
4. Add in the flour and stir evenly to make sure all of the butter/onion/garlic mixture is soaked up. Make sure not to burn the flour (turn down the heat if needed). Cook the flour for about 3-5 minutes.
5. Slowly add in the light cream and chicken broth. Use a whisk to make sure everything is incorporated evenly and there are no lumps. Add in salt and pepper to taste. Turn the heat up a bit and cook the gravy mixture for 5-10 minutes. The mixture will thicken.
6. Pour gravy into mixing bowl. Using a silicone spatula, gently fold the gravy in so that it fully and evenly coats the chicken, potatoes, carrots, and peas.
7. Line a pie dish with one piece of the pastry dough. Trim off any excess so you have a neat circle all around your pie dish for the bottom layer.
8. Scoop the pot pie filling into the pie dish.
9. Take the 2nd piece of pastry dough and place on top, Tuck any extra pastry into the first piece and crimp the edges with a fork. Make 4 incisions into the top pastry (choose your own design) to allow steam to escape.
10. Bake at 400F for 30 minutes.
11. Let sit for 10-15 minutes before slicing into for serving.



www.Mass.gov/Massgrown - for your local ingredients!