



Biscuit-topped Chicken Potpies

READY IN



105 min.

SERVINGS



10

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 10 servings pepper black freshly ground
- ☐ 0.5 cup buttermilk well-shaken
- ☐ 12 small mushrooms finely chopped
- ☐ 3 carrots peeled finely chopped
- ☐ 1 stalk celery finely chopped
- ☐ 2.5 cups roasted chicken dark white cooked chopped (see Notes)
- ☐ 1 eggs

- ☐ 1 egg yolk with 1 tbsp. milk)
- ☐ 2 teaspoons flat parsley finely chopped
- ☐ 5 tablespoons flour
- ☐ 2 teaspoons sage fresh minced
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 2.5 cups chicken stock reduced-sodium
- ☐ 1 cup milk
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 1 medium onion finely chopped
- ☐ 0.3 cup peas sweet frozen
- ☐ 2 teaspoons salt
- ☐ 4 tablespoons butter salted
- ☐ 0.5 cup sharp cheddar cheese grated
- ☐ 5 tablespoons butter unsalted cold cubed
- ☐ 2 medium yukon gold potatoes peeled finely chopped

Equipment

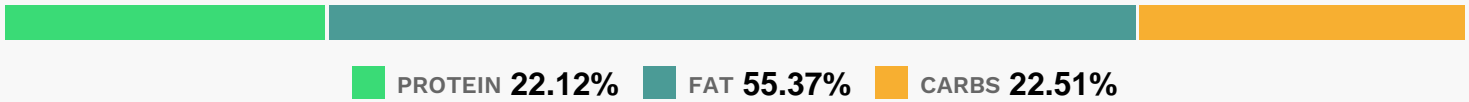
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ rolling pin
- ☐ pastry cutter

Directions

- ☐ In a medium saucepan over high heat, bring chicken stock to a boil.

- ☐ Add carrots, potatoes, and celery. Lower heat to medium and cook until vegetables are tender, 5 to 7 minutes.
- ☐ Drain vegetables, reserving stock; set both aside separately.
- ☐ In a large, heavy-bottomed saucepan, melt salted butter over medium heat.
- ☐ Add onion and cook until golden, 6 to 8 minutes.
- ☐ Add mushrooms and cook 5 minutes.
- ☐ Add fresh thyme and 5 tbsp. flour and cook 2 minutes. Slowly add milk, whisking constantly, until combined, then add stock and cook, stirring often, until mixture thickens, 8 to 10 minutes. Season with nutmeg, 1 tsp. salt, and pepper to taste.
- ☐ Add parsley, chicken, cooked vegetables, and peas and divide filling evenly among 6 or 7 ovenproof containers (8 to 10 oz. each), leaving the top 1/4 in. unfilled.
- ☐ Preheat oven to 42
- ☐ To make biscuit topping, sift remaining 2 cups flour with baking powder, baking soda, and remaining 1 tsp. salt. Using your fingers or a pastry cutter, work in unsalted butter to form a coarse meal, working quickly to keep the butter from warming up and melting into the dough. Stir in cheese and sage. In a separate bowl, whisk together egg and buttermilk and add to the flour mixture, stirring gently until a shaggy dough forms.
- ☐ Lightly flour a counter, a rolling pin, and your hands. Divide dough into 2 balls.
- ☐ Roll out first ball to a 1/4-in. thickness, then use a 2 1/2-in. biscuit cutter to cut into rounds, scraping and rerolling dough as needed. Repeat with second ball.
- ☐ Place 3 rounds of dough on each potpie, overlapping as necessary (any unused rounds can be baked on their own as biscuits).
- ☐ Brush dough with egg wash, put potpies on a cookie sheet lined with aluminum foil, and bake until crust is golden brown and filling is bubbling, 17 to 22 minutes.

Nutrition Facts



Properties

Glycemic Index:75.79, Glycemic Load:8.31, Inflammation Score:-10, Nutrition Score:16.672173956166%

Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 274.94kcal (13.75%), Fat: 17.12g (26.34%), Saturated Fat: 9.35g (58.45%), Carbohydrates: 15.66g (5.22%), Net Carbohydrates: 13.63g (4.96%), Sugar: 4.01g (4.45%), Cholesterol: 99.05mg (33.02%), Sodium: 749.32mg (32.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.39g (30.77%), Vitamin A: 3610.46IU (72.21%), Copper: 1.38mg (68.87%), Vitamin B3: 4.91mg (24.57%), Selenium: 16.25µg (23.22%), Phosphorus: 226.38mg (22.64%), Vitamin B6: 0.35mg (17.49%), Vitamin B2: 0.28mg (16.6%), Calcium: 153.74mg (15.37%), Potassium: 483.03mg (13.8%), Vitamin C: 10.77mg (13.05%), Manganese: 0.21mg (10.59%), Vitamin B5: 1.01mg (10.11%), Vitamin B1: 0.14mg (9.58%), Zinc: 1.37mg (9.12%), Vitamin B12: 0.51µg (8.46%), Iron: 1.49mg (8.27%), Fiber: 2.03g (8.13%), Folate: 32.49µg (8.12%), Magnesium: 30.57mg (7.64%), Vitamin K: 6.83µg (6.51%), Vitamin D: 0.77µg (5.15%), Vitamin E: 0.59mg (3.96%)