



Cajun Turkey Pot Pie

 Popular

READY IN



115 min.

SERVINGS



6

CALORIES



613 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 Tbsp vegetable oil; peanut oil preferred unsalted
- ☐ 3 celery stalks chopped
- ☐ 1.5 cups onion white yellow chopped
- ☐ 1 large bell pepper green chopped
- ☐ 1 jalapeño peppers chopped
- ☐ 4 garlic cloves minced
- ☐ 3 cups turkey meat diced cooked
- ☐ 2 Tbsp cajun spice

- ☐ 6 servings salt
- ☐ 0.3 cup flour all-purpose
- ☐ 2.5 cups chicken stock see
- ☐ 1 cup beer dark (brown ale or Guinness)
- ☐ 1 cup tomatoes diced
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup butter unsalted diced chilled ()
- ☐ 3 Tbsp ice water chilled
- ☐ 1 egg yolk
- ☐ 1 Tbsp cup heavy whipping cream

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ ramekin
- ☐ pastry brush

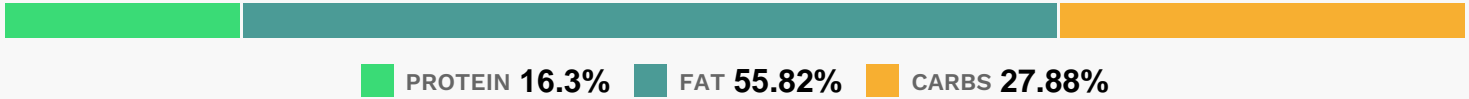
Directions

- ☐ Make the pie crust dough: Pulse the flour and salt together in a food processor.
- ☐ Add the chilled butter cubes to the food processor and pulse 5 times. The dough should resemble a coarse cornmeal, with some pea-sized pieces of butter.
- ☐ Slowly add the chilled water (make sure there are no small ice cube bits), just a tablespoon at a time, pulsing once after each addition, until the dough just sticks together when you press

some between your fingers.

- ☐ Empty the food processor, placing the dough mixture on a clean surface. Use the heel of your palm to shmoosh the dough mixture onto the table surface a few times. This action will help flatten and spread the butter between layers of flour, so that the resulting dough will be flaky.
- ☐ Once you've done this a few (5 or
- ☐ times, use your hands to mold the dough into a disk.
- ☐ Sprinkle the disk with a little flour, wrap it in plastic wrap, and let it chill for an hour, or up to 2 days, before rolling out.
- ☐ Sauté onions, celery, green pepper, jalapeño:
- ☐ Heat the oil over medium-high heat and sauté the onion, celery, green pepper and jalapeño, stirring often, until they are soft, about 6–8 minutes.
- ☐ Add the garlic, turkey meat, Cajun seasoning, and salt.
- ☐ Mix well and cook another 1 minute, stirring once or twice.
- ☐ Finish making the filling: Bring the stock and beer to a boil in a small pot.
- ☐ Sprinkle the flour over the turkey and veggies and mix well. Cook for 4–5 minutes, stirring often and making sure no flour burns on the bottom of the pan.
- ☐ Slowly pour in the hot stock-beer mixture, stirring. It will seize up at first, then, as you pour in more stock and stir, will form a silky sauce for the turkey.
- ☐ Add the tomatoes and cook until the mixture thickens, about 3–5 minutes.
- ☐ Pour the filling into a 2-quart casserole or, if you wish, into individual ramekins.
- ☐ Roll dough out on a lightly floured surface to a little less than a quarter-inch thick. If you are using a casserole, roll into a sheet a little larger than the dish.
- ☐ If you are using ramekins (use 10 ounce ramekins), cut the dough into 6 rounds that are slightly larger than the circumference of the ramekins.
- ☐ Lay the dough onto the filling. Fold the excess dough under itself and use the tines of a fork to press the dough against the edge of the ramekins.
- ☐ Cut a 1-inch vent into each individual pie, or several if you are making a casserole.
- ☐ Whisk together in a small bowl the egg yolk and cream for an egg wash. Use a pastry brush to paint the egg wash over the crust. This will help the crust brown nicely.
- ☐ Bake at 400°F for 25 minutes, or until the pastry is golden and the filling is bubbling.
- ☐ Let cool for at least 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:62.42, Glycemic Load:23.1, Inflammation Score:-9, Nutrition Score:22.420000117758%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 9.04mg, Quercetin: 9.04mg, Quercetin: 9.04mg, Quercetin: 9.04mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 613.06kcal (30.65%), Fat: 37.69g (57.98%), Saturated Fat: 22.31g (139.44%), Carbohydrates: 42.34g (14.11%), Net Carbohydrates: 38.94g (14.16%), Sugar: 5.23g (5.81%), Cholesterol: 171.57mg (57.19%), Sodium: 629.64mg (27.38%), Alcohol: 1.53g (100%), Alcohol %: 0.48% (100%), Protein: 24.76g (49.52%), Vitamin B3: 10.33mg (51.65%), Vitamin A: 2568.35IU (51.37%), Selenium: 34.01µg (48.58%), Vitamin B6: 0.78mg (38.93%), Vitamin C: 32.03mg (38.82%), Vitamin B2: 0.51mg (29.89%), Vitamin B1: 0.44mg (29.04%), Phosphorus: 263.85mg (26.38%), Folate: 104.42µg (26.11%), Manganese: 0.46mg (23.17%), Iron: 3.45mg (19.19%), Vitamin B12: 1.01µg (16.78%), Potassium: 572.14mg (16.35%), Vitamin E: 2.14mg (14.28%), Zinc: 2.09mg (13.9%), Fiber: 3.4g (13.62%), Copper: 0.25mg (12.45%), Magnesium: 49.45mg (12.36%), Vitamin B5: 1.09mg (10.94%), Vitamin K: 10.25µg (9.76%), Vitamin D: 0.95µg (6.3%), Calcium: 57.94mg (5.79%)