



Chicken Pot Pie

READY IN



45 min.

SERVINGS



6

CALORIES



1141 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon peppercorns whole black
- ☐ 1 cup mushrooms halved
- ☐ 2 cups carrots peeled coarsely chopped
- ☐ 4 celery stalks coarsely chopped
- ☐ 6 servings sea salt black
- ☐ 2 tablespoons shiitake mushrooms dried
- ☐ 1 cup wine dry white
- ☐ 1 eggs beaten to blend

- ☐ 0.8 cup flour all-purpose
- ☐ 3 cups flour all-purpose plus more for surface
- ☐ 1 cup peas fresh frozen thawed (or ,)
- ☐ 6 sage fresh
- ☐ 1 tablespoon kosher salt
- ☐ 1 teaspoon kosher salt
- ☐ 1 leek coarsely chopped
- ☐ 1 large onion coarsely chopped
- ☐ 1 cup pearl onions red (purple)
- ☐ 2 sprigs rosemary
- ☐ 6 sprigs thyme leaves
- ☐ 4 thyme sprigs
- ☐ 1 tablespoon tomato paste
- ☐ 0.5 cup butter unsalted (1 stick)
- ☐ 1 cup butter unsalted chilled cut into 1/2" cubes (2 sticks)
- ☐ 0.3 cup shortening
- ☐ 3 pound chicken whole

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ plastic wrap

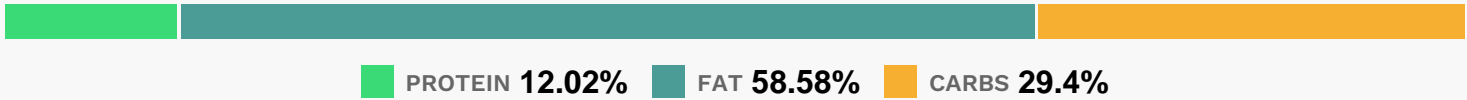
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Mix flour, salt, and baking powder in a food processor.
- ☐ Add cubed butter and shortening and process until mixture resembles coarse meal with some pea-size lumps. With machine running, add 1/2 cup ice water and process, adding more water by teaspoonfuls if dry, until dough forms. Form dough into a ball; flatten into a disk. Wrap in plastic and refrigerate for 30 minutes.
- ☐ Line a baking sheet with parchment paper.
- ☐ Place chilled dough on a lightly floured surface and roll out to a 12x9 1/2" rectangle, about 1/4" thick.
- ☐ Place on prepared sheet and cover tightly with plastic wrap. Chill. DO AHEAD: Can be made 6 hours ahead. Keep chilled.
- ☐ Preheat oven to 40
- ☐ Place carrots, onion, and leek on a rimmed baking sheet and roast until golden brown, about 30 minutes.
- ☐ Transfer to a large pot fitted with a lid.
- ☐ Add chicken, breast side down, celery, thyme sprigs, wine, salt, and peppercorns to pot.
- ☐ Add 8 cups water to cover and bring to a boil. Reduce heat to low and simmer gently for 10 minutes.
- ☐ Remove pot from heat, cover, and poach chicken until cooked through, about 35 minutes.
- ☐ Remove chicken from pot and set aside until cool. Reserve broth. Shred meat; discard skin and bones. Set a large strainer over another pot. Strain broth into clean pot. Stir in tomato paste. Return to medium heat and simmer, uncovered, until reduced to 5 cups, about 40 minutes. DO AHEAD: Can be made 1 day ahead. Chill uncovered until cool. Cover chicken and broth separately; keep chilled. Rewarm broth before continuing.
- ☐ Place dried chanterelles in a small bowl and cover with 1 cup hot water.
- ☐ Let steep for 10 minutes; set aside. Reserve soaking liquid. Cook carrots in a large saucepan of boiling salted water until crisp-tender, about 2 minutes. Using a slotted spoon, transfer to a medium bowl.
- ☐ Add peas to saucepan; cook for 1 minute; transfer to bowl with carrots.

- ☐ Add onions to saucepan and cook until crisp-tender, about 2 minutes.
- ☐ Remove from pot and set aside; let cool. Peel onions.
- ☐ In a large heavy saucepan, melt butter over medium heat.
- ☐ Whisk in flour. Cook over medium-low heat, whisking constantly, until golden brown, about 10 minutes.
- ☐ Whisk in herbs and warm broth from chicken. Using a slotted spoon, transfer chanterelles to saucepan.
- ☐ Pour in soaking liquid, leaving sediment behind. Simmer for 20 minutes.
- ☐ Set a strainer over another large pot. Strain broth into pot; discard solids.
- ☐ Add chicken, carrots, peas, onions, mushrooms, and potatoes. Bring to a simmer. DO AHEAD: Can be made 1 day ahead. Chill uncovered until cool; cover and keep chilled. Rewarm before continuing.
- ☐ Preheat oven to 400F. Spoon filling into an 11x8x2" or 2 1/2-quart round baking dish. (
- ☐ Add pie bird, if using.) Top with pastry, pinching edges to seal. If not using pie bird, cut a 1" slit in center of crust for steam to vent.
- ☐ Brush pastry with beaten egg, and sprinkle with sea salt and pepper, if desired.
- ☐ Place pot pie on a rimmed baking sheet.
- ☐ Bake until crust is golden brown and filling is bubbly, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:122.53, Glycemic Load:48.14, Inflammation Score:-10, Nutrition Score:36.763478527898%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

0.07mg Quercetin: 13.21mg, Quercetin: 13.21mg, Quercetin: 13.21mg, Quercetin: 13.21mg

Nutrients (% of daily need)

Calories: 1140.73kcal (57.04%), Fat: 72.92g (112.18%), Saturated Fat: 36.44g (227.74%), Carbohydrates: 82.35g (27.45%), Net Carbohydrates: 74.99g (27.27%), Sugar: 8.15g (9.06%), Cholesterol: 230.94mg (76.98%), Sodium: 1972.69mg (85.77%), Alcohol: 4.12g (100%), Alcohol %: 1.09% (100%), Protein: 33.66g (67.33%), Vitamin A: 9308.39IU (186.17%), Vitamin B3: 14.55mg (72.75%), Selenium: 49.92µg (71.32%), Vitamin B1: 0.85mg (56.72%), Manganese: 1.13mg (56.34%), Folate: 213.61µg (53.4%), Vitamin B2: 0.8mg (46.81%), Phosphorus: 393.33mg (39.33%), Copper: 0.75mg (37.26%), Vitamin B6: 0.74mg (37.08%), Iron: 6.5mg (36.13%), Vitamin B5: 3.17mg (31.71%), Vitamin K: 31.71µg (30.2%), Vitamin C: 24.34mg (29.5%), Fiber: 7.36g (29.44%), Potassium: 839.1mg (23.97%), Zinc: 3.22mg (21.48%), Magnesium: 82.31mg (20.58%), Vitamin E: 2.88mg (19.23%), Calcium: 142.79mg (14.28%), Vitamin D: 1.44µg (9.6%), Vitamin B12: 0.51µg (8.43%)