



Chicken Pot Pie

READY IN



45 min.

SERVINGS



6

CALORIES



642 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

- ☐ 0.8 cup flour all-purpose
- ☐ 1 cup peas fresh frozen thawed (or ,)
- ☐ 6 sage leaves fresh
- ☐ 1 tablespoon 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)
- ☐ 0.3 cup vegetable shortening
- ☐ 3 pound meat from a rotisserie chicken whole

Equipment

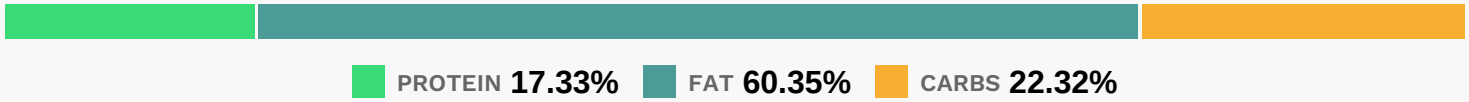
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ plastic wrap
- ☐ baking pan
- ☐ slotted spoon

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-sized 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 400°.
- ☐ 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 pesto 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 overmedium-low heat, whisking constantly,until golden brown, about 10 minutes.
- ☐ Whiskin herbs and warm broth from chicken.Using a slotted spoon, transfer chanterellesto saucepan.
- ☐ Pour in soaking liquid, leavingsediment behind. Simmer for 20 minutes.
- ☐ Set a strainer over another large pot.Strain broth into pot; discard solids.
- ☐ Addchicken, carrots, peas, onions, mushrooms,and potatoes. Bring to a simmer. DO AHEAD:Can be made 1 day ahead. Chill uncovereduntil cool; cover and keep chilled. Rewarmbefore continuing.
- ☐ Preheat oven to 400°F. Spoon filling intoan 11x8x2" or 2 1/2-quart round baking dish. (
- ☐ Addpie bird, if using.) Top with pastry, pinchingedges 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 sprinklewith sea salt and pepper, if desired.
- ☐ Place pot pie on a rimmed baking sheet.
- ☐ Bake until crust is golden brown and fillingis bubbly, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:110.03, Glycemic Load:13.63, Inflammation Score:-10, Nutrition Score:27.377826068712%

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

Nutrients (% of daily need)

Calories: 641.96kcal (32.1%), Fat: 41.62g (64.03%), Saturated Fat: 16.91g (105.67%), Carbohydrates: 34.63g (11.54%), Net Carbohydrates: 28.96g (10.53%), Sugar: 7.96g (8.84%), Cholesterol: 149.6mg (49.87%), Sodium: 1579.7mg

(68.68%), Alcohol: 4.12g (100%), Alcohol %: 1.38% (100%), Protein: 26.89g (53.77%), Vitamin A: 8362.94IU (167.26%), Vitamin B3: 10.84mg (54.22%), Selenium: 28.36µg (40.51%), Vitamin B6: 0.71mg (35.65%), Manganese: 0.7mg (34.91%), Copper: 0.65mg (32.44%), Phosphorus: 316.75mg (31.67%), Vitamin C: 24.34mg (29.5%), Vitamin B5: 2.86mg (28.55%), Vitamin B2: 0.47mg (27.89%), Vitamin K: 28.87µg (27.5%), Folate: 98.1µg (24.53%), Vitamin B1: 0.36mg (23.89%), Fiber: 5.67g (22.69%), Potassium: 763.06mg (21.8%), Iron: 3.59mg (19.95%), Zinc: 2.75mg (18.33%), Magnesium: 67.8mg (16.95%), Vitamin E: 1.97mg (13.13%), Calcium: 124.1mg (12.41%), Vitamin B12: 0.44µg (7.35%), Vitamin D: 0.87µg (5.82%)