



Chicken Pot Pie with Cheese Straw Crust

READY IN



180 min.

SERVINGS



10

CALORIES



855 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon double-acting baking powder
- 1 bay leaf
- 0.3 stick butter cut into little squares
- 1 stick butter
- 1 stick butter at room temperature
- 2 cups carrots coarsely chopped
- 4 carrots cooked peeled sliced
- 0.3 teaspoon cayenne pepper
- 4 celery stalks coarsely chopped

- 4 pound meat from a rotisserie chicken whole split
- 1.5 cups flour all-purpose plus more for dusting
- 3 cups flour for dusting all-purpose plus more
- 6 sprigs thyme leaves fresh
- 1 tablespoon ground pepper
- 10 servings salt and ground pepper
- 10 servings ice water
- 1 large onion coarsely chopped
- 2 cups peas frozen
- 1 tablespoon salt
- 1 teaspoon salt
- 2 cups sharp cheddar shredded
- 0.8 cup vegetable shortening

Equipment

- bowl
- baking sheet
- oven
- whisk
- pot
- blender
- hand mixer
- casserole dish
- rolling pin

Directions

- Add the chicken, carrots, celery, onions, thyme sprigs, bay leaf, salt and pepper to a large pot.
- Add water to cover and bring to a boil. Reduce the heat to low and simmer gently until the chicken is cooked through, about 45 minutes.

- Remove the chicken from the pot to a baking sheet and set aside until cool. Shred the meat; discard the skin and bones.
- Remove the vegetables from the pot and discard. Stir in the butter to the remaining broth and let melt.
- Whisk together the flour, salt and baking powder.
- Cut in the shortening with a pastry blender until the size of coarse cornmeal.
- Sprinkle in 1 to 2 tablespoons of ice water and toss with a fork; repeat until the dough is moistened.
- Add some flour to your work surface and knead the dough gently with your hands to make into a ball of dough. Form into 2 balls and roll out with a floured rolling pin until 1/8-inch thick.
- Cut into long 1/2-inch-wide strips.
- Add the cheese, butter, salt and cayenne to a large bowl and beat with a hand mixer until mixed together.
- Add the flour and continue with the hand mixer until a smooth dough is formed.
- Roll out on floured work surface until 1/4-inch thick, and then cut into long 1/2-inch-wide strips.
- To layer the pot pie: Preheat the oven to 350 degrees F.
- Add one layer of dough strips to the bottom of a 4-quart rectangular casserole dish.
- Add a layer of peas, carrots and chicken, and then another layer of pastry strips, peas, carrots and chicken. Repeat until you reach the top of the casserole dish. Top with a lattice crust of cheese straws.
- Pour in the warm broth to just below the top of the casserole dish (you will have leftover broth). Top with the butter squares and sprinkle with salt and pepper.
- Bake for 1 hour and 45 minutes. Cool for 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:75.7, Glycemic Load:34.38, Inflammation Score:-10, Nutrition Score:27.584347942601%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg

Nutrients (% of daily need)

Calories: 855.23kcal (42.76%), Fat: 57.64g (88.68%), Saturated Fat: 25.15g (157.19%), Carbohydrates: 54.56g (18.19%), Net Carbohydrates: 49.43g (17.98%), Sugar: 4.92g (5.47%), Cholesterol: 142.58mg (47.53%), Sodium: 1364.65mg (59.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.82g (59.63%), Vitamin A: 9619.84IU (192.4%), Selenium: 38.95µg (55.65%), Vitamin B3: 10.41mg (52.05%), Vitamin B1: 0.62mg (41.55%), Folate: 145.91µg (36.48%), Manganese: 0.72mg (35.88%), Phosphorus: 356.03mg (35.6%), Vitamin B2: 0.57mg (33.38%), Vitamin K: 27.48µg (26.17%), Vitamin B6: 0.49mg (24.44%), Iron: 4.26mg (23.65%), Calcium: 231.13mg (23.11%), Vitamin C: 18.11mg (21.95%), Fiber: 5.13g (20.52%), Zinc: 2.94mg (19.61%), Vitamin E: 2.39mg (15.96%), Potassium: 519.34mg (14.84%), Vitamin B5: 1.47mg (14.66%), Magnesium: 58.31mg (14.58%), Copper: 0.26mg (13.08%), Vitamin B12: 0.55µg (9.21%), Vitamin D: 0.31µg (2.07%)