



Chicken Potpie With Cheddar Crust

READY IN



105 min.

SERVINGS



8

CALORIES



993 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 carrots chopped
- ☐ 6 stalks celery chopped
- ☐ 0.5 pound cremini mushrooms sliced
- ☐ 0.5 cup cooking wine dry white
- ☐ 2.5 cups flour all-purpose
- ☐ 7 tablespoons flour all-purpose
- ☐ 0.5 cup parsley fresh chopped
- ☐ 5 teaspoons thyme leaves fresh chopped
- ☐ 0.7 cup heavy cream plus more for brushing

- ☐ 8 servings kosher salt
- ☐ 3 cups chicken broth low-sodium
- ☐ 1 onion chopped
- ☐ 8 servings pepper freshly ground
- ☐ 3.5 pound rotisserie chicken cut
- ☐ 0.5 teaspoon salt fine
- ☐ 5 ounces sharp cheddar cheese grated
- ☐ 0.5 pound mushroom caps sliced
- ☐ 1 stick butter unsalted cold cut into 1/2-inch pieces
- ☐ 5 tablespoons butter unsalted
- ☐ 6 tablespoons vegetable shortening cold

Equipment

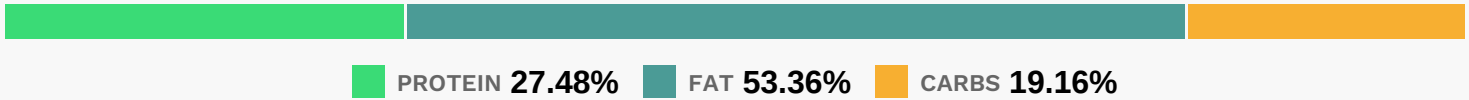
- ☐ food processor
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ pot
- ☐ plastic wrap
- ☐ baking pan

Directions

- ☐ Make the crust: Pulse the flour, fine salt and 1/4 teaspoon pepper in a food processor.
- ☐ Add the cheese, butter and shortening; pulse until the butter is in pea-size bits.
- ☐ Add 1/2 cup ice water and pulse until the dough just starts to come together. Turn out onto a sheet of plastic wrap and pat into a disk. Wrap and refrigerate until firm, at least 1 hour and up to 2 days.
- ☐ Meanwhile, prepare the filling: Discard the chicken skin and shred the meat; set aside.

- ☐ Put the bones in a pot and add the chicken broth. Cover and simmer over medium-low heat, 45 minutes to 1 hour. Strain the broth and set aside.
- ☐ Preheat the oven to 400 degrees F. Melt the butter in a pot over medium-high heat.
- ☐ Add the onion, thyme, celery, carrots and 1/2 teaspoon kosher salt; cook, stirring, until soft, about 6 minutes.
- ☐ Add the mushrooms and 1/2 teaspoon kosher salt and cook until soft, about 6 more minutes.
- ☐ Add the flour and cook, stirring, 2 minutes.
- ☐ Add the wine; cook until almost evaporated, about 1 minute.
- ☐ Add the broth, cream and 1/2 teaspoon kosher salt. Bring to a boil, then reduce the heat to medium low and simmer until thick, about 3 minutes.
- ☐ Add the parsley, shredded chicken, and salt and pepper to taste.
- ☐ Transfer to a 3-to-4-quart baking dish.
- ☐ Roll out the dough between 2 sheets of parchment paper until slightly larger than the baking dish. Drape the dough over the filling, press it against the inside of the dish and trim.
- ☐ Brush with cream, then cut a few slits in the top. Put on a baking sheet; bake until golden, about 35 minutes.
- ☐ Let rest 10 minutes before serving.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:54.85, Glycemic Load:27.73, Inflammation Score:-10, Nutrition Score:26.045651995617%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 8.97mg, Apigenin: 8.97mg, Apigenin: 8.97mg, Apigenin: 8.97mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg

Myricetin: 0.58mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 993.48kcal (49.67%), Fat: 58.92g (90.65%), Saturated Fat: 26.7g (166.87%), Carbohydrates: 47.62g (15.87%), Net Carbohydrates: 43.19g (15.71%), Sugar: 5.42g (6.02%), Cholesterol: 279.82mg (93.27%), Sodium: 1242.69mg (54.03%), Alcohol: 1.54g (100%), Alcohol %: 0.34% (100%), Protein: 68.27g (136.54%), Vitamin A: 9194.54IU (183.89%), Vitamin K: 84.51µg (80.49%), Selenium: 30.55µg (43.64%), Vitamin B2: 0.63mg (37.35%), Vitamin B3: 6.76mg (33.82%), Folate: 128µg (32%), Vitamin B1: 0.45mg (29.93%), Manganese: 0.59mg (29.61%), Phosphorus: 273.3mg (27.33%), Calcium: 202.5mg (20.25%), Potassium: 661mg (18.89%), Iron: 3.32mg (18.45%), Copper: 0.36mg (17.78%), Fiber: 4.43g (17.72%), Vitamin B5: 1.51mg (15.08%), Vitamin C: 11.75mg (14.25%), Vitamin B6: 0.28mg (14.02%), Zinc: 1.99mg (13.23%), Vitamin E: 1.88mg (12.53%), Magnesium: 41.49mg (10.37%), Vitamin B12: 0.38µg (6.25%), Vitamin D: 0.91µg (6.06%)