



Four & twenty chicken & ham pie

READY IN



135 min.

SERVINGS



12

CALORIES



614 kcal

Ingredients

- ☐ 1 large onion chopped
- ☐ 1 tbsp butter for greasing
- ☐ 1 tbsp sage chopped
- ☐ 1 tsp mace
- ☐ 300 g chicken thighs boneless skinless (3)
- ☐ 1 kg finely-chopped ham cooked trimmed of fat sliced
- ☐ 50 g pistachios shelled
- ☐ 50 g cranberries fresh ()
- ☐ 50 g apricot dried diced
- ☐ 3 tbsp parsley chopped

- ☐ 12 servings nutmeg good
- ☐ 700 g chicken breast skinless halved thin
- ☐ 375 g flour plain white
- ☐ 375 g flour white
- ☐ 140 g butter
- ☐ 1 eggs beaten
- ☐ 3 gelatin powder
- ☐ 500 ml chicken stock see
- ☐ 175 g frangelico
- ☐ 175 g frangelico

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wooden spoon
- ☐ kitchen towels
- ☐ funnel

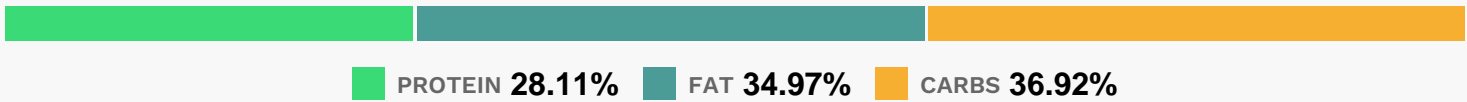
Directions

- ☐ Soften the onion in the butter with the sage and mace. Cool for a few mins while you whizz the chicken thighs and 300g of the ham in a food processor until minced.
- ☐ Scrape into a large bowl and stir in the softened onion, pistachios, cranberries, apricots and parsley. Season with nutmeg, lots of black pepper and some salt.
- ☐ Grease a deep, 20cm round springform or loose-bottomed tin, then line with baking parchment. To make the pastry, mix together the flours and 2 tsp salt in a large bowl, then make a well in the centre.
- ☐ Put the butter and lard into a small pan with 200ml water and very gently melt. Once melted, turn up the heat and when just bubbling, pour into the well and stir with a wooden spoon to a

dough dont worry if some powdery bits remain.

- ☐ Once cool enough to handle, knead in the bowl until the dough comes together, then tip onto your work surface. Set aside a third, wrapped in a clean tea towel to keep it as warm and pliable as possible, while you quickly roll the remaining dough into a large circle big enough to line the tin with a little overhanging.
- ☐ Ease the circle into the tin, pressing evenly into the corners and side you can be rough with it. Evenly cover the base with half the remaining sliced ham, followed by half the chicken breasts and half the mince mixture, pressing firmly to pack. Repeat with the remaining ham and chicken, then a rounded dome of mince. Put a pie funnel, if you have one, on the top.
- ☐ Roll the reserved dough to a circle large enough to easily cover the pie, cutting out a hole (if using a pie funnel).
- ☐ Brush the edge of the pie with some beaten egg and top with the pastry lid. Press to seal the edges before trimming the excess. Crimp the edges between your thumb and forefinger to seal thoroughly, then make a small hole in the middle to let steam escape (if not using a pie funnel).
- ☐ Brush the top of the pie with more beaten egg.
- ☐ Heat oven to 200C/180 fan/gas
- ☐ Bake the pie for 1 hr. Very, very carefully remove the pie from its tin, brush the top and side with more egg and bake for another 30 mins until browned and crisp. Leave to cool completely before chilling.
- ☐ To make the jelly, soak the gelatine in cold water for 5-10 mins until soft. Squeeze out any excess water from the gelatine, then dissolve in the hot stock. Once cooled, carefully pour into your chilled pie through the small hole, using a funnel, until full you may not need all the stock. Chill the pie for a few hrs.
- ☐ Serve with chutney and salad, if you like.

Nutrition Facts



Properties

Glycemic Index:39.62, Glycemic Load:36.23, Inflammation Score:-7, Nutrition Score:32.843913342642%

Flavonoids

Cyanidin: 2.24mg, Cyanidin: 2.24mg, Cyanidin: 2.24mg, Cyanidin: 2.24mg Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 2.05mg, Peonidin: 2.05mg, Peonidin: 2.05mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

Nutrients (% of daily need)

Calories: 613.97kcal (30.7%), Fat: 23.51g (36.17%), Saturated Fat: 9.74g (60.9%), Carbohydrates: 55.84g (18.61%), Net Carbohydrates: 52.55g (19.11%), Sugar: 4.69g (5.21%), Cholesterol: 164.45mg (54.82%), Sodium: 1204.46mg (52.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.52g (85.05%), Copper: 1.86mg (93.08%), Selenium: 64.77µg (92.53%), Vitamin B3: 15.03mg (75.14%), Vitamin B1: 1.06mg (70.79%), Phosphorus: 534.55mg (53.45%), Vitamin B6: 0.92mg (45.99%), Vitamin B2: 0.68mg (40.27%), Manganese: 0.68mg (34.09%), Folate: 132.54µg (33.13%), Vitamin C: 23.34mg (28.29%), Iron: 4.69mg (26.04%), Vitamin B12: 1.51µg (25.1%), Vitamin B5: 2.28mg (22.78%), Zinc: 3.33mg (22.21%), Potassium: 758.36mg (21.67%), Vitamin K: 17.99µg (17.13%), Magnesium: 67.7mg (16.93%), Fiber: 3.3g (13.18%), Vitamin A: 619.1IU (12.38%), Vitamin E: 0.88mg (5.89%), Calcium: 44.58mg (4.46%)