



Root Vegetable and Mushroom Pie with Rosemary Biscuit Topping

READY IN



45 min.

SERVINGS



10

CALORIES



347 kcal

Ingredients

- ☐ 0.5 cup all purpose flour
- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 tablespoons vegetarian bouillon base
- ☐ 6 tablespoons butter unsalted diced chilled ()
- ☐ 1.3 cups buttermilk chilled ()
- ☐ 2 large very carrots peeled quartered
- ☐ 1 large celery root peeled cut into 1/2-inch pieces (celeriac)
- ☐ 1 ounce porcini mushrooms dried rinsed
- ☐ 2 teaspoons rosemary fresh minced

- ☐ 4 large garlic cloves chopped
- ☐ 0.3 cup heavy whipping cream
- ☐ 3 cups onions chopped
- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 2 large parsnips peeled quartered
- ☐ 1 large rutabaga peeled cut into 1/2-inch cubes
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons imported sherry dry
- ☐ 1 turnip peeled cut into 1/2-inch cubes
- ☐ 2.3 cups unbleached all purpose flour
- ☐ 6 cups water

Equipment

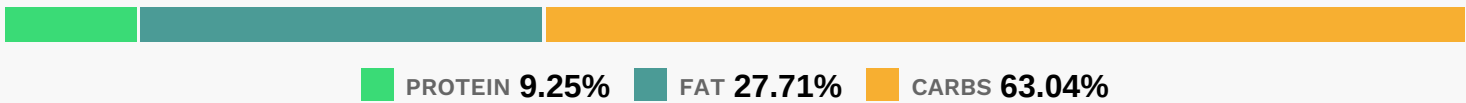
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ Bring 6 cups water and bouillonbase to boil in large pot over medium-highheat, stirring to dissolve bouillon.
- ☐ Addcarrots and next 5 ingredients. Simmer untilvegetables are tender, about 7 minutes.
- ☐ Drain; reserve vegetables and broth.
- ☐ Melt butter in same pot over mediumheat.
- ☐ Add onions; sauté until beginning tobrown, about 10 minutes.
- ☐ Mix in garlic androsemary; stir 2 minutes.
- ☐ Add flour; stir 1minute. Gradually whisk in reserved broth,then cream and Sherry. Cook until sauce isthick and reduced to 4 cups, whisking often,about 8 minutes.

- ☐ Mix in reserved vegetables and parsley. Season with salt and pepper.
- ☐ Transfer filling to buttered 13x9x2-inch baking dish. DO AHEAD: Can be made 2 days ahead. Cover with foil; chill.
- ☐ Preheat oven to 400°F.
- ☐ Bake filling, covered, until bubbling, about 50 minutes. Meanwhile, prepare biscuits.
- ☐ Stir first 4 ingredients in large bowl to blend.
- ☐ Add butter. Using fingertips, rub in butter until mixture resembles coarse meal. Gradually add 1 1/3 cups buttermilk, tossing with fork until dough is evenly moistened and adding more buttermilk by tablespoonfuls if dry.
- ☐ Drop biscuit dough atop hot filling by heaping tablespoonfuls; sprinkle with pepper.
- ☐ Bake uncovered until tester inserted into center of biscuits comes out clean, about 45 minutes. Cool 15 minutes.
- ☐ * Available in the produce section of many supermarkets and at specialty food stores and Italian markets.

Nutrition Facts



Properties

Glycemic Index:58.08, Glycemic Load:13.54, Inflammation Score:-10, Nutrition Score:23.757826141689%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 7.78mg, Apigenin: 7.78mg, Apigenin: 7.78mg, Apigenin: 7.78mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 1.91mg, Myricetin: 1.91mg, Myricetin: 1.91mg, Myricetin: 1.91mg Quercetin: 10.26mg, Quercetin: 10.26mg, Quercetin: 10.26mg, Quercetin: 10.26mg

Nutrients (% of daily need)

Calories: 347.11kcal (17.36%), Fat: 10.92g (16.8%), Saturated Fat: 6.47g (40.45%), Carbohydrates: 55.87g (18.62%), Net Carbohydrates: 48.63g (17.68%), Sugar: 11.1g (12.34%), Cholesterol: 28.3mg (9.43%), Sodium: 513.63mg (22.33%), Alcohol: 0.31g (100%), Alcohol %: 0.08% (100%), Protein: 8.2g (16.4%), Vitamin K: 61.57µg (58.64%),

Vitamin A: 2885.96IU (57.72%), Vitamin C: 39.24mg (47.57%), Manganese: 0.77mg (38.65%), Folate: 127.91µg (31.98%), Vitamin B1: 0.47mg (31.02%), Fiber: 7.24g (28.95%), Phosphorus: 267.99mg (26.8%), Potassium: 834.58mg (23.85%), Selenium: 16.5µg (23.57%), Vitamin B2: 0.39mg (22.89%), Calcium: 219.64mg (21.96%), Vitamin B3: 3.98mg (19.89%), Copper: 0.38mg (18.9%), Vitamin B6: 0.38mg (18.76%), Iron: 3.08mg (17.12%), Vitamin B5: 1.59mg (15.93%), Magnesium: 63.57mg (15.89%), Vitamin E: 1.39mg (9.26%), Zinc: 1.38mg (9.21%), Vitamin D: 0.75µg (4.99%), Vitamin B12: 0.17µg (2.88%)