



Shrimp and Andouille Pot Pies

READY IN



45 min.

SERVINGS



4

CALORIES



901 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons all purpose flour
- ☐ 0.5 pound andouille sausage cut into scant 1/2-inch cubes
- ☐ 1 tablespoon butter
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 2 large garlic cloves minced
- ☐ 0.5 cup heavy whipping cream
- ☐ 1.5 pounds shrimp deveined uncooked peeled cut into 1-inch pieces
- ☐ 3.5 cups leeks white green sliced (and pale parts only; from 3 large)

- ☐ 1 sheet puff pastry frozen thawed (half of 16-ounce package all-butter puff pastry or half of 17.3-ounce package regular puff pastry)
- ☐ 8 ounce red-skinned potato peeled cut into 1/2-inch cubes
- ☐ 1.5 ounce concentrated classic seafood stock mixed with 2 cups water; (such as Glace de Fruits de Mer Gold)
- ☐ 0.3 cup vermouth dry white dry

Equipment

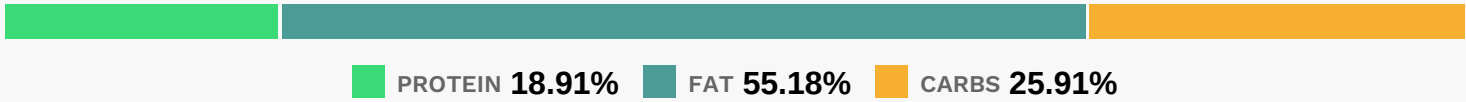
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 400°F.
- ☐ Roll out pastry on floured surface to 12-inch square.
- ☐ Cut out four 5 1/2-inch rounds.
- ☐ Place on parchment-lined baking sheet; bake until golden, about 15 minutes. Cool on sheet. DO AHEAD: Can be made 1 day ahead. Wrap airtight and store at room temperature.
- ☐ Preheat oven to 400°F.
- ☐ Whisk cream and flour in small bowl. Melt butter in large skillet over medium heat.
- ☐ Add leeks and sauté until tender, about 10 minutes.
- ☐ Add andouille and garlic and sauté 4 minutes.
- ☐ Add vermouth; simmer until liquid evaporates, about 3 minutes.
- ☐ Add seafood stock mixture and thyme. Bring to simmer.
- ☐ Add potato and cook uncovered until tender, about 6 minutes.
- ☐ Add cream mixture to skillet; stir. Simmer until sauce thickens and boils, about 3 minutes. Reduce heat.
- ☐ Add shrimp; simmer until just opaque in center, about 3 minutes. Season with salt and pepper.
- ☐ Divide hot filling among four 1 1/4-cup baking dishes. Top each with pastry round.

- ☐
- Bake until filling bubbles, about 5 minutes.
- ☐
- Concentrated classicseafood stock is available at many fishmarkets and from amazon.com.

Nutrition Facts



Properties

Glycemic Index:64.5, Glycemic Load:20.33, Inflammation Score:-10, Nutrition Score:37.17173899775%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 901.46kcal (45.07%), Fat: 54.49g (83.82%), Saturated Fat: 19.82g (123.9%), Carbohydrates: 57.58g (19.19%), Net Carbohydrates: 53.24g (19.36%), Sugar: 8.88g (9.87%), Cholesterol: 304.23mg (101.41%), Sodium: 1678.49mg (72.98%), Alcohol: 2.06g (100%), Alcohol %: 0.53% (100%), Protein: 42.01g (84.02%), Vitamin A: 13052.36IU (261.05%), Selenium: 80.31µg (114.73%), Phosphorus: 625.5mg (62.55%), Manganese: 1.09mg (54.34%), Vitamin B3: 10.62mg (53.12%), Vitamin K: 50.68µg (48.27%), Vitamin B12: 2.51µg (41.8%), Vitamin B6: 0.78mg (39.15%), Vitamin B1: 0.57mg (38.01%), Folate: 142.9µg (35.73%), Copper: 0.62mg (31.22%), Vitamin E: 4.58mg (30.56%), Iron: 5.02mg (27.87%), Vitamin B2: 0.47mg (27.4%), Vitamin C: 21.14mg (25.62%), Potassium: 895.96mg (25.6%), Zinc: 3.8mg (25.3%), Magnesium: 99mg (24.75%), Calcium: 200.5mg (20.05%), Fiber: 4.35g (17.39%), Vitamin B5: 1.66mg (16.62%), Vitamin D: 1.44µg (9.6%)