



Veggie Pot Pie with Cornmeal Pie Crust

 Vegetarian

READY IN



95 min.

SERVINGS



4

CALORIES



1036 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups mushroom broth warmed
- 0.7 cup celery chopped
- 1 large egg yolk
- 1.3 cups flour all-purpose plus more for the work surface
- 4 tablespoons flour all-purpose
- 0.5 sprig rosemary fresh chopped
- 6 sprigs thyme leaves fresh chopped
- 3 tablespoons ice water

- 1 teaspoon kosher salt
- 3 cups new potatoes
- 1 cup parsnips peeled
- 0.5 cup peas frozen
- 4 servings salt and pepper black freshly ground
- 2 tablespoons sherry vinegar
- 12 medium mushroom caps cut into 1/2-inch pieces (1 3/4 cups)
- 0.5 cup butter unsalted chilled cut into small pieces (1 stick)
- 8 tablespoons vegetable oil
- 0.8 cup cornmeal white such as weisenbergers
- 3 cups yam peeled

Equipment

- food processor
- bowl
- baking sheet
- sauce pan
- oven
- whisk
- pot
- plastic wrap
- ramekin

Directions

- Watch how to make this recipe.
- Special equipment: Special equipment: Four 8-ounce ramekins
- Combine the flour, cornmeal, and salt in a food processor and pulse to combine.
- Add the butter and pulse just until it resembles coarse crumbs.

- In a small bowl, whisk together the egg yolk and 2 tablespoons ice water. With the processor running, drizzle in the yolk mixture. The dough should just come together. If it looks dry add more water, up to 4 tablespoons.
- Turn the dough out onto a floured surface and knead until it comes together; it will be stiffer than a regular pie crust because of the cornmeal. Divide into four pieces, press into discs, and wrap in plastic wrap. Refrigerate for 30 minutes.
- Preheat the oven to 400 degrees F.
- For the filling: Toss the potatoes, yam, parsnips, celery and mushrooms with 4 tablespoons oil.
- Season with salt and pepper and spread evenly on a baking sheet. Roast, tossing once halfway through, until golden brown, about 20 to 25 minutes. You don't want to cook these all the way though since they will cook more in the pot pie. (They should be al dente, but starting to get some color.)
- Combine the flour and remaining 4 tablespoons oil in a saucepan over medium heat and cook until smooth and bubbly like pancake batter, about 3 minutes.
- Whisk in the mushroom broth. Simmer until thick enough to coat the back of a spoon. Season to taste and remove from the heat.
- Add the roasted veggies to the mushroom broth along with the peas, thyme, rosemary and sherry vinegar. Divide the filling among four 8-ounce ramekins.
- Remove the dough from the fridge and roll each into a 5-inch disc. Wet the rim each ramekin and lay a crust over the top. Poke each 5 or 6 times with a fork and place in the oven.
- Bake until the crust is golden brown, about 20 to 25 minutes.

Nutrition Facts

PROTEIN 5.92% **FAT 46.36%** **CARBS 47.72%**

Properties

Glycemic Index:141.97, Glycemic Load:58.99, Inflammation Score:-10, Nutrition Score:36.876956545788%

Flavonoids

Apigenin: 0.52mg, Apigenin: 0.52mg, Apigenin: 0.52mg, Apigenin: 0.52mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 1036.31kcal (51.82%), Fat: 54.03g (83.12%), Saturated Fat: 19.57g (122.33%), Carbohydrates: 125.12g (41.71%), Net Carbohydrates: 109.46g (39.8%), Sugar: 7.89g (8.77%), Cholesterol: 106.91mg (35.64%), Sodium: 1568.33mg (68.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.53g (31.07%), Manganese: 1.55mg (77.52%), Vitamin K: 74.09µg (70.56%), Vitamin C: 57.27mg (69.41%), Fiber: 15.66g (62.66%), Potassium: 1938.91mg (55.4%), Vitamin B6: 1.07mg (53.66%), Vitamin B1: 0.77mg (51.44%), Folate: 191.96µg (47.99%), Vitamin B3: 7.73mg (38.63%), Phosphorus: 379.77mg (37.98%), Vitamin A: 1714.84IU (34.3%), Selenium: 22.97µg (32.81%), Iron: 5.88mg (32.68%), Magnesium: 126.67mg (31.67%), Vitamin B2: 0.52mg (30.79%), Copper: 0.61mg (30.6%), Vitamin E: 4.1mg (27.34%), Vitamin B5: 2.69mg (26.88%), Zinc: 2.92mg (19.47%), Calcium: 86.96mg (8.7%), Vitamin D: 0.82µg (5.49%), Vitamin B12: 0.13µg (2.19%)