



Virginia Ham- and-Chicken Pie

READY IN



75 min.

SERVINGS



8

CALORIES



890 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon browning and seasoning sauce (such as Kitchen Bouquet)
- ☐ 3 cups celery coarsely chopped
- ☐ 29 oz chicken broth canned
- ☐ 1 large eggs with 1 tbsp. water beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 2.5 cups flour all-purpose
- ☐ 6 ounces virginia ham cut into 1/2-inch-thick pieces
- ☐ 0.5 teaspoon marjoram
- ☐ 0.8 teaspoon marjoram

- ☐ 6 tablespoons milk
- ☐ 10 ounces mushrooms trimmed halved
- ☐ 2 large onions coarsely chopped
- ☐ 1 teaspoon salt
- ☐ 8 servings salt and pepper
- ☐ 1 pound chicken breast halves boneless skinless cut into 2-inch pieces
- ☐ 2 pounds chicken thighs boneless skinless cut into 2-inch pieces
- ☐ 2 tablespoons butter unsalted
- ☐ 1 cup vegetable shortening
- ☐ 1 teaspoon worcestershire sauce

Equipment

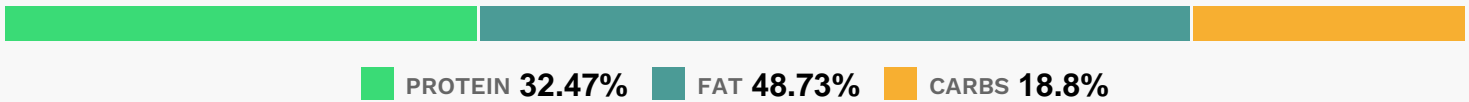
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ rolling pin
- ☐ dutch oven
- ☐ pastry cutter

Directions

- ☐ Make crust: Preheat oven to 375F.
- ☐ Mix flour, salt and marjoram in a medium bowl.
- ☐ Add shortening and blend with a pastry cutter until mixture resembles coarse meal.
- ☐ Add milk and stir lightly; add extra if dough is too dry. Shape dough into a rectangle, wrap in plastic and refrigerate.
- ☐ Make filling: Melt 1 Tbsp. butter in a large Dutch oven over medium heat.
- ☐ Add onions; cook until lightly browned, 5 to 7 minutes.

- ☐ Transfer to a bowl. Season chicken with salt and pepper. Melt remaining butter in Dutch oven. Cook thigh pieces until browned; add broth and cook, covered, over low heat for 15 minutes.
- ☐ Add chicken breast pieces, celery, mushrooms, ham, onions and marjoram to Dutch oven. Cook, covered, until breast pieces are cooked through, 10 minutes.
- ☐ Mix flour, 1/2 cup water, and Worcestershire and browning sauces.
- ☐ Whisk into chicken mixture and cook, stirring, until thickened. Season with salt.
- ☐ Transfer to a shallow 2-quart baking dish.
- ☐ Roll out dough between floured sheets of waxed paper to fit baking dish.
- ☐ Roll crust onto a rolling pin and unroll over filling. Press edges with a fork to crimp. Slice 1-inch slits in crust to vent steam.
- ☐ Brush crust with egg mixture.
- ☐ Place baking dish on a larger, foil-lined, rimmed sheet pan; bake pie until crust is golden and filling bubbles, 35 to 40 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.88, Glycemic Load:25.84, Inflammation Score:-7, Nutrition Score:33.264347916064%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.76mg, Quercetin: 7.76mg, Quercetin: 7.76mg, Quercetin: 7.76mg

Nutrients (% of daily need)

Calories: 890.23kcal (44.51%), Fat: 47.5g (73.08%), Saturated Fat: 13.6g (85.03%), Carbohydrates: 41.23g (13.74%), Net Carbohydrates: 38.43g (13.98%), Sugar: 3.6g (4%), Cholesterol: 217.46mg (72.49%), Sodium: 1449.54mg (63.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 71.21g (142.41%), Selenium: 86.4µg (123.43%), Vitamin B3: 19.74mg (98.69%), Vitamin B6: 1.34mg (67.11%), Phosphorus: 644.81mg (64.48%), Vitamin B2: 0.82mg (48.1%), Vitamin B1: 0.68mg (45.32%), Zinc: 5.77mg (38.5%), Vitamin B12: 2.08µg (34.73%), Vitamin B5: 3.35mg (33.5%), Potassium: 1042.99mg (29.8%), Vitamin K: 31.16µg (29.68%), Folate: 117.5µg (29.38%), Iron: 5.1mg (28.33%),

Manganese: 0.44mg (21.91%), Magnesium: 86.84mg (21.71%), Copper: 0.36mg (17.76%), Vitamin E: 2.52mg (16.77%),
Fiber: 2.8g (11.2%), Vitamin A: 504.47IU (10.09%), Calcium: 76.82mg (7.68%), Vitamin C: 5.48mg (6.64%), Vitamin D:
0.56µg (3.7%)