

Idiot's Kitchen Recipe

– Chicken Pot Pie with Spring Vegetables (and Crust)

Recipe from www.idiotskitchen.com



Ingredients for the Crust:

1 ¼ cups flour
½ teaspoon salt
1 stick (8 Tablespoons) unsalted butter, cold
4-5 Tablespoons ice water

Ingredients for the Filling:

4 Tablespoons butter (½ stick)
2 leeks, rinsed and chopped
1 fennel bulb, trimmed and chopped
2 small zucchini, chopped
2-3 cloves garlic, finely chopped
½ cup flour
¾ cup dry white wine
1 ½ cups whole milk
2 cups low sodium chicken broth
4 cups cooked chicken breast, cubed*
10-12 stems of asparagus, tough ends removed, chopped
1 cup frozen peas
½ cup fresh parsley, chopped
2 Tablespoons fresh tarragon, chopped (or 1 teaspoon dried, but fresh is best)
Salt & Pepper

To make the crust, place 1 ¼ cups flour and ½ teaspoon salt in a food processor. Pulse a few times to combine. Cut 1 stick of cold, unsalted butter into cubes. Add the butter to the food processor and pulse 8-10 times until you have a mixture with tiny bits of butter about the size of peas. Sprinkle 4 Tablespoons of ice water over the flour. After pulsing in the water, you will have a crumbly topping and NOT a ball of dough. Take out a little bit of dough and squeeze it in your hand. If it holds together, it's ready. If it seems too crumbly, add ½ to 1 more Tablespoon of ice water.

Pour the dough crumbles out onto a piece of parchment paper and use your hands to gather them into a disc. Press any stray crumbles into the disc. Wrap in plastic and refrigerate 45 minutes to an hour (or longer) until thoroughly chilled.

Note: you can also use a hand held pastry blender if you don't have a food processor OR use store bought pie dough.

For the filling:

To prepare the vegetables, cut the root and dark green ends off the leeks and cut them in half. Rinse the leeks thoroughly under running water, separating the layers, to remove any dirt and grit. Cut the top fringy part off of a bulb of fennel and cut the bulb in half. Use a sharp knife to cut the core wedge out of the bulb. Chop the fennel and the leeks into small pieces. Cut the ends off of 2 small zucchini and chop into small pieces. Finely chop 2-3 cloves of garlic.

Melt 4 Tablespoons of butter in a large pot over medium high heat. Add the fennel and leeks and sauté for 5 minutes until starting to become tender but not brown. Add the garlic and zucchini and cook for an additional 5 minutes being careful that the vegetables do not brown. Sprinkle ½ cup of flour over the vegetables and incorporate to make a thick roux or paste. Add ¼ cup dry white wine, 1 ½ cups whole milk, and 2 cups low sodium chicken broth. Stir to combine and remove any lumps. Bring the sauce to a simmer to thicken.

*For this recipe you need 4 cups of cooked chicken. You can easily cook boneless, skinless chicken breasts (season with olive oil, salt & pepper) at 375 degrees for 30 minutes or use pre-cooked rotisserie chicken from the store. Cut the chicken into bite sized cubes and add it to the sauce. Season the sauce with salt & pepper to taste.

When the sauce is thick and the chicken has warmed through, turn the heat off and add ½ cup chopped parsley, 2 Tablespoons chopped fresh tarragon (the secret ingredient!), 1 cup of frozen peas, and 10-12 stalks of asparagus that have been chopped (tough stalk ends removed).

Take the crust dough out of the refrigerator and let it rest at room temperature for 5 minutes. Roll the crust out onto a well floured mat or work surface to 1/8 inch thick. For these pot pies, you can use individual pot pie dishes, a deep dish pie pan, or a 2 quart casserole. Roll the dough out in the shape of your pan, leave ½ inch extra around the pan, and cut to fit the shape you are using.

Fill the pot pie dish(s) with filling leaving at least ½ inch of room at the top. Place the pot pies on a baking sheet to prevent overflow from burning in your oven. Put a crust on top of each pot pie and use a fork to crimp the edges down onto the pan. Use a small sharp knife to cut a few slits into the top of each pot pie so that the steam can escape.

Bake for 30 minutes (possibly longer for a bigger casserole) until the crust is golden brown and the filling is hot and bubbly.

Makes 4 – 6 servings depending on your dish(s). Incredibly good!

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