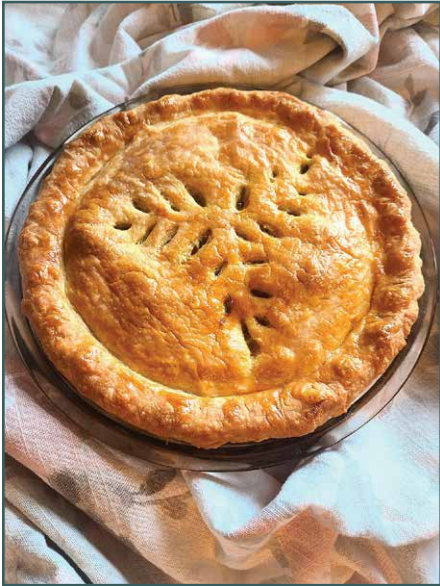




CHICKEN POT PIE WITH ROSEMARY & PARMESAN



Ingredients

Filling

1 chicken breast (150 grams)
1 cup water
¼ onion, diced
½-¾ cup potatoes, diced
½-¾ cup carrots, diced
1 can coconut milk
1 tbsp coconut sugar
1 tbsp bouillon paste (1-2 bouillon cubes)
2 tbsp minced garlic (about 4 cloves)
1 tbsp vinegar

1 tbsp soy sauce
1 tsp dried parsley
1 tsp dried thyme
1 tsp dried rosemary
½ tsp salt
pinch ground pepper
⅓ cup mushrooms, sliced
⅓ cup peas
⅓ cup corn
1 tbsp butter
2 tbsp grated parmesan cheese
1-3 tsp flour

Crust

2 cups flour
¾ tsp salt
1 tsp grated parmesan
1 tsp rosemary
¾ tsp baking powder
¾ cup cold butter
½ cup ice water

Wash

1 egg, beaten



Instructions

Servings
6-8

Prep Time
1 hour

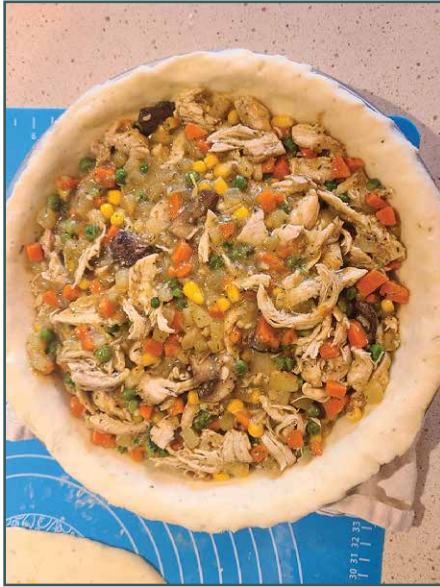
Bake Time
1 hour

Total Time
2 hours

1. Prepare the ingredients for the filling, then set aside: Peel and dice the potatoes, onion, and carrots, clean and chop the mushrooms, mince the garlic, then measure out the peas, corn, and seasonings.
2. Make the dough: Add the flour, salt, parmesan, rosemary, and baking powder to a bowl and mix. Knead in the cold cubes of butter until a shaggy dough is formed. Slowly add the ice water while kneading. Knead for a few minutes until a ball of dough forms.
3. Divide the dough roughly in half, with one portion being slightly larger. Wrap the smaller-looking portion in plastic wrap and put it in the fridge.
4. Make the bottom crust: Place the larger ball of dough on a lightly floured surface. Roll out into a flat circle shape, until it's a bit larger than your pie plate and 1/8 inch thick. Lay the dough into the pie plate and gently push the dough into all the crevasses of the plate, so there's no air pockets. Put the crust-lined pie plate in the fridge.
5. Cook the chicken: To a large pan, add the chicken breast and a cup of water. Bring to a boil and let simmer until the chicken is cooked, about 10 minutes. Move the chicken to a cutting board, shred with a fork and set aside.



CHICKEN POT PIE WITH ROSEMARY & PARMESAN



- RECIPE CONTINUED -

6. Cook the vegetables: Add the carrots and potatoes to the same pan used for the chicken. Add the coconut milk, vinegar, soy sauce, herbs, sugar, salt, pepper, and bouillon. Bring to a boil, then let simmer for 20 minutes.
7. To the pan, add the butter, cooked chicken, mushrooms, peas, corn and parmesan and mix well.
8. Add a few teaspoons of flour until the filling reaches the right consistency, it shouldn't be too liquid – thick like mud is best.
9. Scoop the filling into the pie plate, about 3/4 full. Do not overfill.
10. Preheat the oven to 375° F.
11. Make the top crust: Roll out the remaining dough ball into a circle, also a bit larger than the pie plate. Cover the filling with the remaining rolled out circle of pie dough.
12. Seal the pie edges: Press the excess bottom and top crust dough together around the edges of the pie. You can meld the edges of both crusts together by lifting up the edges of the bottom crust and tucking the edges of the top crust down around them, then pressing gently to stick the two together.
13. Either crimp these edges, or imprint the edges of the crust with a fork. To crimp the edge, put one index finger on the outside of the dough lip, and then pinch your finger through the dough. This should make a single “crimp” in the edge. Repeat the whole way around the pie.
14. Cut a few lines in the top pie crust for venting.
15. Beat the egg in a small bowl. Use a pastry brush to paint the top of the pie with the egg wash.
16. Bake the pie for 45-60 minutes at 375° F. When done, the pie will be golden brown and a temperature reading for the inside of the pie should be no lower than 165° F.
17. Remove from the oven and serve. Enjoy!

**Note: I like to do thicker crimping for this type of pie, which results in a more tender crust. If you want a more obvious crimping look after baking, then space out the crimping units more, and make sure your crust lip is not too thick. Stretch out*

