

recipe: Chicken Pot Pie



from: Mary Margaret Howell

serves: 4-6

### ingredients:

- 3 chicken breasts
- 1/4 cup salt
- 1/4 cup sugar
- 2 T. chicken base + 1 T. chicken base
- 1 cup baby carrots, diced
- 1 large stalk (2 cups) broccoli florets, cut into bite size pieces
- 1 small (8.5oz. can) LeSueur peas
- 1/2 tsp. Dill
- 1/2 cup onions, diced
- 9 T. butter
- 9 T. all-purpose flour
- 1 tsp. oregano
- 1 tsp. rosemary
- 1 tsp. crushed red pepper
- 1 tsp. black pepper
- 1 tsp. basil
- 1 tsp. parsley
- 1 tsp. garlic powder
- 1 tsp. minced garlic
- 1 tsp. kosher salt
- Pillsbury pie crust (2 crusts), thawed
- 1 egg

### directions:

#### Brine chicken:

Add water to chicken breasts in pan on stove to cover completely. Add 1/4 cup salt, 1/4 cup sugar, and 2 tablespoons chicken base. Cover and bring to a boil for 10 minutes, then take off burner and leave covered for an additional 15 minutes or until cooked through.

Skim fat off the top of chicken and take chicken breast out to cool before cutting into pieces (resting 10-15 minutes). Reserve water from chicken to use if chicken seems dry after cutting into pieces.

#### While cooking your chicken:

Dice 1 cup baby carrots and 1 large stalk of broccoli (using the florets only) into bite size pieces. Add four cups of water to another pan and bring to a boil (adding carrots immediately). Boil carrots for two minutes, then add your chopped broccoli and 1/2 teaspoon dill to the carrots. Take pan off of burner, keep covered, and let cook for another 10-15 minutes or until fork tender. Drain vegetables, reserving vegetable broth.

Saute 1/2 cup onions in a pad of butter until onions are translucent, then set aside.

#### Preheat oven to 350 degrees F.

#### To make roux (sauce):

Melt 9 tablespoons butter with 9 tablespoons flour until mixed well (about 2 minutes), then remove from heat. Mix roux with 1 tablespoon chicken base and put back on the heat. Pour 3 cups liquid (vegetable broth) slowly into roux and bring to a boil (to thicken sauce), stirring continuously for approximately 7 minutes or until thick.

Add chicken and vegetables to the roux mixture and stir until well blended.

#### Herb crust:

Mix together equal amounts of oregano, rosemary, crushed red pepper, black pepper, basil, parsley, garlic powder, fresh minced garlic, and kosher salt (about 1 teaspoon of each).

#### Using two Pillsbury pie crusts, thawed:

Lay out one pie crust, spread herb mixture all over (spreading to the edges), then place the second pie crust on top of the first and roll to size. Cut out the top crust and set aside. Re-roll the remaining pie crust to form the bottom crust and place in pie plate.

Add roux/sauce (filling) mixture into pie dish. Top with the top pie crust and crimp the edges. Cut slits in the crust to vent.

#### For golden crust:

Mix 1 egg with a small amount of water to create an egg wash and brush egg wash over the top crust to make golden.

#### Bake:

Bake at 350 until crust is golden brown, about 45 minutes (55 if baking from cold).