

MedWatch RECIPES

T O D A Y

Chicken Pot Pie

Serves 6

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Ingredients:

For chicken pot pie:

- 3-6 oz. chicken breast
- ½ cup diced yellow onion
- ¼ onion whole for onion pique (cloves pierced into whole cut)
- 9 each cloves whole for pique
- ½ cup diced carrot
- ½ cup diced celery
- ½ cup diced sweet potato
- ½ cup peas
- ½ cup corn
- 3 cups chicken stock
- ½ cup cream
- ½ cup flour
- ½ cup white wine
- ½ pound butter unsalted
- 1 tablespoon nutmeg
- 3 eggs (just use egg whites)
- 2 tablespoons sage, minced
- 1 tablespoon thyme
- Salt and pepper to taste

For pie crust:

- 1 ¼ cup all-purpose flour
- ¼ teaspoon salt
- ½ cup butter, chilled and small diced
- ¼ cup ice water

Directions for pie crust:

1. In a cold, metal bowl add flour and salt. Mix around to fully combine then add the butter cubes. Butter needs to be very cold. Mix flour and butter together until the butter breaks down into the flour. Expect small clumps of butter.
2. Add ice cold water slowly into the bowl, 1 tablespoon at a time, or a slow spread pour. Mix with hands until a dough ball is formed and there is little residue left in the bowl. Make sure no ice is in the flour mix.
3. Once ball is formed, wrap in plastic and chill for a minimum of 4 hours.
4. When time is up, roll the pie crust ¼-inch thick and cut in half.
5. Line a 9-inch pie pan with light butter coating or pan spray on the bottom of the pan and add half of the dough. The other half will be the top for the pie. Bake the bottom pan for 10 minutes at 350 degrees to start the cooking process. Pull out of the oven and put aside next to the top crust.

Directions for chicken pot pie filling:

1. Heat pan and add 2 tablespoons butter. Sauté the veggies in this order: celery, onion (not the pique), carrot, sweet potato, salt and pepper, and a pinch of each herb. Sauté for three minutes then add corn and peas. Sauté for another two minutes to ignite the natural sugars and start the caramelizing process, then put veggies in a bowl to the side. Using the same pot, put back on the stove.
2. Put 2 tablespoons of butter in the pot and sauté chicken until the outside is fully cooked, and then add the herbs and seasoning to it. After 3 minutes, once chicken is forming a nice sear, add the rest of the butter.
3. Once butter is melted, add flour to create a chicken-seasoned roux. Once roux is formed with the flour and butter, mix-cook on a low temp for 4 minutes then add the bowl of vegetables into the pot.
4. Once everything is mixed, deglaze with white wine. Once you have finished this, add the chicken stock and onion pique. Bring to a boil, and taste after a rolling boil for two minutes. Add seasoning and herbs for preference, and then cream. Bring to a boil then simmer for 30 minutes minimum. After it is done simmering, taste again to ensure all flavor is there. Adjust accordingly by adding more if needed, then put off to the side to start building the pie. If not baking right away, cool down chicken pot pie before adding to the pie crust bottom.

Directions for assembly and cooking pie:

1. Take the bottom pie crust and generously fill the pie with the chicken mixture. Give yourself space from the top of the pie — don't overfill it. Then put the top of the pie crust on, and clamp edges with a fork. Use the egg whites for a wash on the top to give it a nice baked shine. Bake for 20 minutes in the oven at 350 F degrees. Pull and let stand for five minutes, then serve.
2. If you want to make individuals, just fill as many ramekins as you want. This serving size is for six people, so make sure you cut the pie crust for each lid. Repeat the last steps of the pie to finish.