

Chicken Pot Pie

<u>Ingredient</u>	<u>Quantity</u>	<u>Instruction</u>
chicken bones	2 carcasses	from previously roasted chickens
carrots	3 to 4	
celery	2 to 4	
yellow onion	2 large	
rosemary	1 4-inch branch	
thyme	6 sprigs	
garlic	4 large cloves	
salt & pepper		
sugar	1 tsp	
sour cream	½ cup	
eggs	2	
all-purpose flour	3 to 4 cups	
butter	3 sticks	
chicken breasts	1 ¾ pounds	
russet potato	1 regular	
Worcester Sauce	½ tsp	Idaho baking potato
fish sauce	½ tsp	
lemon	1	
frozen peas	¾ cup	

Tools: 10 inch diameter and 2-inch deep pie plate, regular sized food processor, large stock pot, large sauce pan, rolling pin, large bowls, baking sheet, waxed paper, plastic wrap, pastry brush, dough scraper

Step 1 – Make the Chicken Stock

- Place the carcasses of two roasted chickens along with 2 carrots, one onion, 2 celery stalks, a teaspoon of black peppercorns, a teaspoon of sea salt, a sprig of fresh rosemary, several springs of fresh thyme, and four cloves of garlic into a large stock pot of water and simmer for several hours until the stock tastes flavorful.
- Pour the stock through a strainer into a large bowl to separate the solids from the broth.

Step 2 – Make the Pie Dough

- Clean and dry a countertop.
- In a small bowl, whisk together ½ cup chilled sour cream with 1 large chilled egg.
- Into the food processor, put 2 ½ cups all-purpose flour and 1 ½ teaspoons salt and 1 tsp sugar. Blend well for 3 seconds.
- Cut 1 ½ sticks of butter = 6 oz into tablespoon-sized pieces.
- Add the butter to the food processor, and pulse for one second ten times.
- Add **HALF** the sour cream egg mixture, & pulse for one second five times.

Chicken Pot Pie

- Add the remaining half of the sour cream egg mixture, and pulse for one second ten times. The dough should start to come together and tilt toward one side of the food processor.
- Dust the countertop with flour, then dump the dough onto the countertop.
- Knead the dough for five seconds into a ball. **DO NOT OVERHANDLE THE DOUGH.**
- Use dough scraper to cut the dough ball in half. Measure them on a kitchen scale.
- Roll each half into a round, even, flatish disk about an inch thick. Smooth out the cracks around the edges.
- Wrap each half in plastic wrap so that no moisture can escape. If making the pie either right away or weeks from now, then put the dough in the freezer. If making the pie tomorrow, put the dough in the refrigerator.

Step 3 – Make the Pie Filling

- Poach the chicken.
 - Cut two chicken breasts (1 $\frac{3}{4}$ pounds) each into thirds. Bring a pot of salted water to boil. When just boiling, turn down to low and add the raw chicken breast pieces. Cover and simmer for 6 minutes.
 - Remove the chicken pieces from the water and let cool on a cutting board.
 - Cut the chicken into cubes. You should have 2 $\frac{1}{2}$ to 3 cups of chicken.
- Sauté the vegetables.
 - Peel & mince 2 cups of onion. Peel and cube 1 cup of carrots. Mince $\frac{3}{4}$ cup of celery. Peel and cube 1 russet baking potato.
 - In a large skillet, melt 6 TBLSP of butter. After the butter finishes frothing (giving off its water), then add the veggies and stir for several minutes to coat them in the butter. Sauté for five minutes.
- Make the sauce.
 - Add 6 TBLSP of all-purpose flour to the skillet of veggies, and stir until incorporated. Then add 2 $\frac{1}{4}$ cups of chicken stock and $\frac{1}{2}$ cup of half-n-half. Keep stirring, scraping the bottom of the pan, and bring to a boil. After boiling, add 1 teaspoon of fresh thyme. Simmer for another five or six minutes, stirring often. Turn off the heat, and add $\frac{1}{2}$ teaspoon of Worcestershire Sauce, $\frac{1}{2}$ teaspoon fish sauce, zest of one lemon, and salt & pepper to taste.

Step 4 – Form the Pie Crusts

- Clean and dry a countertop, and dust it with flour.
- Take one of the dough disks out of the freezer for the bottom crust. Place one edge of the rolling pin in the center of the dough disk, and roll around the edge of the disk while rotating the dough. This will keep it in a circle shape.
- Pick up the dough to ensure it isn't sticking to the counter, and if it is, then add another dusting of flour beneath.

Chicken Pot Pie

- Roll out the dough to a 12 inch diameter circle, about 1/8 inch thick.
- Roll the dough around the rolling pin and lift it off the counter. Starting at the edge of the pie plate, unroll the dough into the pie plate. Press it in very gently. Do not overwork it. DO NOT STRETCH THE DOUGH; this will make it tough.
- Put the other dough half out on the counter, and roll it out in the same manner for the top crust. When it is 12 inches diameter and 1/8 inch thick, roll it around the rolling pin to lift it, and then place it onto a piece of waxed paper that is spread across a cookie sheet.
- Place the crusts into the freezer while the oven heats up.

Step 5 – Finish the Pie Filling

- Add the chicken cubes and ¾ cup frozen peas to the sauce, and mix together.

Step 6 – Assemble the Pie

- Adjust the oven rack to the lowest position in the oven.
- Preheat the oven to 450 deg F (Bake, not Convection. No air circulation.)
- Bring the bottom pie crust in the pie plate out from the freezer. Fill it with the pie filling until the filling is slightly higher than the plate. Push the filling down with a spatula, leaving the crust edges exposed.
- Use a pastry brush to brush water around the crust edges. This will help it to seal.
- Bring the top pie crust on the cookie sheet out from the freezer. Place it on top of the pie, and use scissors to cut around the disk so there is a uniform half-inch overhang of dough.
- Fold the top dough underneath the bottom dough edge to seal. NO OPEN SPACES.
- Crimp the edges to be decorative by placing the thumb and forefinger of one hand against the thumb of the other hand.
- Cut four vents into the top crust, about 2 inches long each.
- At this point, if you want to freeze the pie to serve another day, up to two months from now, then you can tightly wrap it in plastic wrap and freeze it now.
- In a small bowl, whisk an egg with a ½ teaspoon of water. Using a pastry brush, glaze the entire top crust, including the edges, with egg wash.
- Place the pie plate onto a rimmed cookie sheet, and place the cookie sheet on the bottom rack in the oven.
- Bake until the pie is light golden brown, around 18 minutes.
- Then reduce the oven temperature to 375 deg F, rotate the cookie sheet, and continue baking another 15 minutes, or until the filling is bubbling up slightly.
- Remove from the oven, and let cool for 45 minutes before serving. This is an important step.

Chicken Pot Pie

Step 7 – Serve the Pie

- Use a sharp knife to follow the line of the vent and to cut down all the way through the bottom crust. Do not drag the knife, but use a sawing action. Use a wedge-shaped pie server to lift the serving from the pie plate.
- Serve with a salad dressed with a light vinaigrette.

IMPORTANT NOTE: The pie might seem loose when it comes out of the oven, but it will firm up as it cools. It **MUST** rest for 45 minutes before serving!

During Covid shutdowns, when musicians were not performing, John Largess of Miró Quartet sold tickets to a Zoom meeting from his kitchen where he made a chicken pot pie and gave us instructions along the way. The proceeds went to the Orcas Island Chamber Music Festival. This is a very good recipe. Thank you, John!