

Chicken Pot Pie in Puff Pastry – Daraious

I love the traditional Chicken Pot Pie but I don't really like the normal pie-crust so I gave it a try with puff pastry.

INGREDIENTS

Note: some of the measurements are approximations.

1 Large	Chicken Breast (boneless)
1 Large	Onion (finely chopped)
10 - 15	Cremini Mushrooms (sliced and then finely chopped)
1 cup	Mixed vegetables (peas, carrots, corn and beans)
6	Green Onion Stalks
2 tbsp	Mrs. Dash (Salt Free Seasoning)
¼ tbsp	Celery Salt
1 tbsp	Ginger Paste
2 tbsp	Garlic Paste
1 tsp	Jeera (Cumin) Powder (Roasted)
1 tsp	Black Pepper (finely ground)
½ cup	Flour (regular baking flour)
1 cup	Butter (divided into two ½ cup portions)
1 pkg	President's Choice – Butter Puff Pastry (you can of course make it from scratch)
¼ cup	Grated Cheeses (e.g. white and yellow Cheddar – finely chopped plus Parmesan)
2 tbsp	Mayonaise
2 tbsp	Olive Oil
1	Egg (beaten)
Taste	Salt

Steps: (my preference)



- Complete all the cleaning/chopping/slicing/grating/beating etc. mentioned above.
- Defrost and boil the mixed veggies (don't over-cook).
- Bake the marinated chicken.
- Shred the chicken.
- Work on the Mornay sauce.
- Work on the puff pastry and ready the pie-shell and lids.
- Start "cooking" the filling. When done, let it cool a bit.
- Ready the pie containers by coating the inside with a smearing of butter.
- Fill the pie shells with the filling and cover with the pastry lid, crimping the edges.
- Bake the pies at 420° F for approximately 20 minutes.

The Marinade



Make slits in the chicken breast and then using the **following** ingredients from the list above, marinate (really rub the marinade into the chicken):

- 1 tbsp Olive Oil
- 2 tbsp Mrs. Dash (Salt Free Seasoning)
- ¼ tbsp Celery Salt
- 1 tbsp Ginger Paste
- 1 tbsp Garlic Paste
- ½ tsp Jeera (Cumin) Powder (roasted)
- ½ tsp Black Pepper

The Chicken

After you have let the chicken marinate for at least a couple of hours, bake it in the oven at 400° F for about 20 minutes. Let it cool a bit and then **shred** it using your fingers.



The Mornay Sauce

Note: This sauce can be frozen and keeps very well. In this case I used the sauce I had made a few weeks ago. You let it thaw, warm it gently stirring constantly with the whisk and add milk if required.



We start by making a basic **Béchamel** (white) sauce and then we convert that into a sauce **Mornay** by adding in the cheeses. We will use a variety of **Cheddar** as a substitute for the more traditional **Gruyère** along with the traditional **Parmesan**.

1. Put the remaining **butter** in a sauce pan and heat on medium and then low until it has melted completely.
2. Now with your **WHISK** ready, slowly add in the **flour** a little bit at a time (whisking and blending continuously) until you have a nice soft smooth and lump-less dough. Let this dough cook just enough to remove the taste of raw flour. Do NOT let it turn brown!
3. Now very slowly, start blending the **milk** in, whisking continuously to make sure you are not leaving any lumps. Keep adding milk until you have a smooth velvety sauce white sauce of thick but pourable consistency.
4. Now your **Béchamel** sauce is ready.
5. Add in the finely grated/chopped **Cheddar** and stir and blend it in (keep whisking).
6. Next add in the **Parmesan**, blend it in and after about a minute take the sauce pan off the stove.
7. Now that is the **Mornay** sauce.
8. Now this will be blended into the filling a little bit at a time until we have thick creamy mixture along with the mayo and salt to taste.
9. Note if you have some sauce remaining you can keep it in the fridge for a few days for later use or freeze it and keep it until you need it.

The Filling



1. Heat $\frac{1}{2}$ the **butter** and the **olive oil** (mythically the olive oil increases the smoke-point) in a frying pan and when adequately heated lower the heat and throw in the **onions**.
2. As soon as the onions turn slightly pink add in the **garlic paste** and stir it in.
3. Once the aroma of the garlic rises add in the remaining **cumin** and **pepper**.
4. Next, add in the mushrooms and the green onion stalks.
5. When the onions start to brown a bit add in the shredded **chicken** and let it cook on medium heat.
6. Now continue by blending the **Mornay sauce** into this filling, adding the **mixed vegetables** and the **mayonnaise**. *(If the sauce is too thick you can add in some milk.)*
7. **Salt** will be added last after tasting the mixture.

The Puff Pastry Shells

Note: If frozen let it defrost in the fridge. It should be cold when you start working with it.



1. Line each pie container with some butter.
2. Unroll the pastry and roll it a bit to stretch it out. It should be at least 3 or 4 mm thick.
3. Cut out **big** round sections for the bottom and just slightly smaller round sections for the lid. (I used a 5 inch lid for both).
4. Fill up all pie containers using the large round sections for the base.
5. Add in just enough filling to come up a little more than about $\frac{3}{4}$ of the way.
6. Put a bit of grated cheese over the filling.
7. Cover each cup with the smaller round sections, crimp the edges and poke a few tiny holes in the tops.
8. Brush with egg (you can use just the yoke if you prefer).

Baking

1. Preheat oven to 420° F.
2. Cook for 20 mins (or until golden brown).
3. Let cool for a few minutes and serve.

