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.

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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.

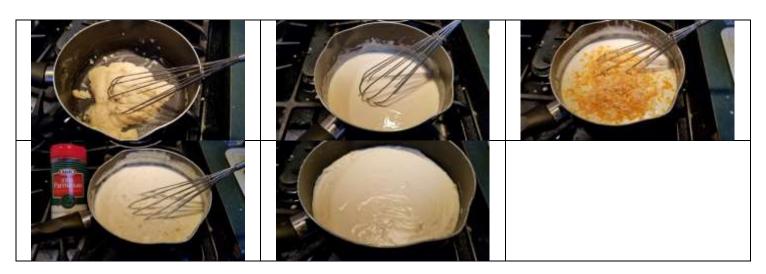






The Mornay Sauce

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 ½ 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 ¾ 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.

