



## January 2002 – Potpie

Pot pies are a wonderful way to use up leftovers, or you can create a tasty meal from scratch. A potpie usually is topped with a crust, this can be a biscuit crust, mashed potatoes, pastry, dumplings or your favourite cornbread recipe. The main base of the potpie is a stew, usually made with chicken, but any meat can be substituted. With a variety of vegetables, a creamy sauce and some herbs for flavour.

### Chicken potpie

3 1/2lb Chicken-

One has a couple of options, one is to simmer the bird in a stock pot full of water til cook through. I like to roast it, then remove the meat from the carcass and then shred into bite-size pieces.

5T Butter-melt in frying pan.

1/2lb Sweet potato

Cut into 1/2" pieces and sauté in butter until half cooked through.

2 carrots-cut into 1/4" cubes

2 celery ribs-cut into 1/4" cubes

1 leek- cut into 1/4" rounds, use the white and light green part only and wash.

1/2lb button mushrooms-1/4'd

Add to the pan and sauté for about 5mins.

5T flour-add to the pan and cook, stirring for one minute.

1/2c white wine

1 1/2c Chicken stock

1c Milk

Slowly add this to the vegetable mixture and stir until thick and bubbly.

2T parsley-chopped

1t Lemon zest

Salt and pepper

1t tarragon

1t thyme

Add all these ingredients to the stew and pour into a casserole dish. And top with your favourite topping.

### Mashed Potatoes

Use your leftovers, try adding some flavour to the mashed potatoes like a touch of horse radish or some fresh sage. Cheddar cheese is yummy, or try some feta cheese or parmesan in the potatoes. Or how about some green onions.

### **Biscuit crust**

1c flour - put in a food processor.  
1t Thyme  
1/2t salt and pepper  
1/3c Butter-chilled and cut into cubes.  
Add to processor and pulse til it resembles coarse meal.  
3T Cold water  
1 egg yolk

Add to the processor while the motor is running, and process til the dough holds together. Turn the dough out and form into a ball, wrap and refrigerate for about 1 hour. Remove from the fridge and the wrap and roll out til a little bit bigger than the casserole dish keeping it to a 1/4" thick or more. Place on dish, roll the sides under so that it sits inside the casserole dish. Brush with a little egg and cream and bake in the oven at 375\* for 35mins.

### **Dumplings**

1c flour  
1 1/2t baking powder  
1/2 t salt  
1/2 t dried rosemary  
1 T parsley-minced

Mix all the dry ingredients together.  
1/2 c milk-stir in to form a dough.

Bring the stew mixture to a simmer, do not boil, drop the dough into 6-8 mounds on the surface of the stew. Simmer uncovered for 10mins, then cover and simmer for 10mins.

### **Cornbread**

1c flour  
1c cornmeal  
2t baking powder

Mix the dry ingredients

3T butter, melted and cooled  
3T Honey  
3/4c yoghurt  
1 egg, beaten lightly

Mix the wet ingredients

Combine the wet and the dry  
1/2c Monterey Jack cheese-grated  
2 Jalapeno peppers-seeded and diced fine

Mix into the batter. Drop spoonfuls around the edge of the casserole dish, bake 10mins @ 400\*  
the 30mins @ 350\*

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