## Recipe For Health | SEPTEMBER 2021 CHICKEN POT PIE

Enjoy this warm and savory chicken pot pie on a cool day! *From the Kitchen of Chef John Findley* 

Featured Food: Chicken

Yield: Serves 8

## Ingredients

6 oz butter	64 oz chicken stock
1 onion, diced	4 med size potatoes, peeled and cubed
2 carrots, peeled and diced	2 lbs. chicken meat (white and dark)
2 ribs celery, diced	4 oz peas
4 oz. mushrooms, diced	8 oz heavy whipping cream
6 oz. flour	Puff pastry for single crust
Salt, pepper, garlic, onion, thyme	

## Preparation

Warm butter in a large pot over medium heat; add onion, carrot, celery, and mushrooms. Cook for about 3-5 minutes, stirring often. Turn down the heat and add flour and some seasonings. Cook for 7-10 minutes on low, stirring often. Add chicken stock, raise the heat to med-high, and stir together continually. When the mixture comes to a simmer, reduce the heat to med-low and let cook for 5-10 minutes. Add potatoes and cook for about 25 minutes, stirring often. Now add chicken and peas and let the mixture cook together for 5 minutes more. Add cream, taste, and adjust seasonings. Pour into a bowl and top with pastry dough or a puff pastry top. Bake in preheated oven for 10 minutes.