Creamy Chicken Pot Pie

Prep 25 min | Cook 55 min | Total 120 min | Serves 6 | Difficulty: Medium



INGREDIENTS

- 3 cups (420 g) cooked chicken, diced
- 1 small onion (100 g), diced
- 2 carrots (150 g), finely diced
- 5 oz (150 g) mushrooms, chopped
- 3/4 cup (105 g) frozen peas
- 3 tbsp (42 g) unsalted butter
- 1/3 cup (40 g) all-purpose flour
- 1 cup (240 ml) low-sodium chicken broth
- 1 cup (240 ml) whole milk
- 1/4 cup (60 g) plain sour cream
- 1/2 tsp (0.5 g) dried thyme
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 1 plain butter- or vegetable-fat puff pastry sheet (about 250 g), thawed in refrigerator
- 1 large egg (50 g), beaten with 1 tbsp (15 ml) water

Note: Plain sour cream adds a mild tang. Add it off heat after the roux has thickened the sauce; use measured liquids rather than thinning by eye.

INSTRUCTIONS

1. Melt butter in a saucepan. Cook onion, carrot and mushrooms 10 minutes until excess mushroom water reduces. Stir in flour for 1 minute.

2. Gradually add broth and milk with thyme, salt and pepper. Simmer gently 5 minutes until gravy thickens and carrots are tender.

3. Fold in chicken and peas and heat thoroughly. Remove from heat and stir in sour cream. Transfer to a 2-quart (1.9 L) baking dish and refrigerate 30 minutes until surface is cool.

4. Heat oven to 400°F (200°C). Cover with cold puff pastry, seal, vent and brush with egg wash. Bake on a rimmed tray 25 to 35 minutes until golden and filling reaches 165°F (74°C). Rest 10 minutes.

DONENESS

Check the filling center reaches 165°F (74°C) with a thermometer. The pastry must also be baked through; surface browning alone does not confirm the filling temperature.

TIPS

Cook mushrooms down before building the milk sauce.

STORAGE

Refrigerate in shallow covered containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or colder and use within 3 to 4 days.

FREEZING

Freeze cooled baked portions airtight for up to 3 months for best quality. Thaw in the refrigerator; pastry may soften. Freezing filling and unbaked pastry separately gives a crisper future topping.

REHEATING

Reheat portions in a 350°F (175°C) oven until the filling center reaches 165°F (74°C). Loosely cover an already browned topping while the center heats.

Editorial draft; not kitchen-tested. Nutrition analysis not supplied.