PRINTABLE RECIPE

Low Carb Chicken Pot Pie Crust

A tender almond-flour pastry topper baked separately from the chicken filling

ORIGINAL RECIPE • FOLLOW THE STEPS • CLEAR COMPONENT SCOPE

Ingredients

Crust

- 2 cups (224 g) finely ground blanched almond flour
- 4 tbsp (56 g) unsalted butter, melted and cooled
- 1 large egg (50 g)
- ¼ tsp (1.5 g) fine salt
- ½ tsp (0.5 g) dried thyme
- 1 tbsp (15 ml) cold water, only if needed

Method

1. Heat oven to 350°F (175°C). Line a flat baking tray with parchment.
2. Mix almond flour, salt, and thyme. Beat egg with cooled melted butter; stir into the dry ingredients. Add up to 1 tbsp cold water only if needed to form cohesive dough.
3. Roll dough between two parchment sheets into a 9-inch (23 cm) round about ¼ inch (6 mm) thick. Patch cracks. Chill the round for 20 minutes.
4. Peel off the top parchment and score six wedges without cutting through. Bake on the lined tray for 18–23 minutes, until golden at the edges and set in the center with no wet egg dough.
5. Cool on the tray for 10 minutes. Lift carefully or separate into wedges. Serve as a topper over separately prepared hot chicken pot-pie filling.

At a glance

Prep 10 min • Bake 18–23 min

Chill/cool 30 min • Yield 6

Difficulty: Medium

Crust topper only; chicken filling is not included.

Contains almond and egg. Variations: omit thyme for a plain crust; cut six individual rounds and check earlier.



Serving suggestion

Food safety & storage

Bake until the center is set and dry, with no wet egg dough. This crust is baked separately from any chicken filling.

Refrigerate covered leftovers within 2 hours (within 1 hour above 90°F / 32°C). Keep at 40°F (4°C) or colder and use within 3–4 days. Reheat separate chicken filling to 165°F (74°C).

Technique reference: The Short Order Cook. Storage and reheating: USDA FSIS and FoodSafety.gov.