

Salt and Serenity

Chicken and Artichoke Pot Pie

Serves 6

The pastry recipe is adapted slightly from chatelaine.com. It is an unusual technique, in which the fat is melted and then incorporated into the dry ingredients. It can be made with all butter (the best flavour!), a mixture of butter and shortening (this combination gives a flaky flavourfull pastry) or all shortening (very flaky pastry) if you prefer to keep the recipe dairy free.

Chicken and Stock

- 4 raw chicken breasts, with skin and bone
- 2 carrots, peeled and cut into large chunks
- 2 stalks celery, washed and cut into large chunks
- 1 onion, peeled and cut in half
- 1 bay leaf
- 10 whole peppercorns
- 2 large sprigs parsley

Pie Pastry

- 1/3 cup unsalted butter
- 1/3 cup shortening
- 1/3 cup cold water
- 3 cups all-purpose flour
- 1 teaspoon salt
- 2 teaspoons poppy seeds
- 2 eggs, lightly beaten

Pie Filling

- 3 tablespoons butter or vegetable oil
- 1 large or 2 small leeks (white and pale green part only)
- 10 large white button mushrooms, cut into quarters
- 1 garlic clove, finely minced
- 2 carrots, peeled and cut into 1/4 inch dice
- 3 Tablespoons all-purpose flour
- 2 1/2 cups chicken stock
- 1 cup dry white wine (Sauvignon Blanc would work well)
- 2 cups canned artichoke hearts, cut into 2 inch chunks
- 1 cup frozen peas
- Zest of 1 lemon
- 1/4 cup loosely packed Italian parsley leaves, finely chopped
- 1-2 Teaspoons Siracha sauce (optional)

1 ½ teaspoons kosher salt
½ teaspoon freshly ground black pepper

1 egg, beaten, for brushing pastry

1. Using a sharp knife, remove the breast meat from the chicken bones. Place breast meat and bones into a large stockpot. Fill pot with cold water, coming to about 2 inches above the top of the chicken breasts and bones. Over high heat, bring contents to a boil. Turn heat down to a simmer, and using a slotted spoon, skim the foam off the top surface of the pot.
2. Add carrots, celery, onion, bay leaf, peppercorns and parsley sprigs. Simmer, uncovered for about 20 minutes. Remove breast meat from the pot and set aside to cool. Continue simmering stock for an additional 45 minutes, to extract more flavour from the bones and vegetables.
3. Strain stock. Discard bones, skin and vegetables. Measure out 2 ½ cups stock to use for the sauce. Freeze remaining stock for another time. Cut chicken breasts into 1 inch cubes and set aside.
4. Make Pastry: Place shortening, butter and water into a medium sized saucepan. Place over medium heat and let melt.
5. While fat is melting, mix together flour, salt and poppy seeds in a large bowl. Add melted fat and water and eggs and using a spatula, mix dough until it just comes together. Dump dough out onto the counter, shape it into a flat disc, wrap in plastic wrap and chill while you make the filling.
6. Slice leek in half lengthwise. Slice across into ½ inch pieces. Fill a large bowl with cold water. Submerge chopped leeks and use your hands to swish leeks around. Have a clean second bowl ready. Using your hands, scoop out the leeks that have floated to the top of the bowl. Once all the leeks have been removed, discard sandy water remaining in bowl.
7. Heat a large sauté pan over medium heat. Add butter or oil and leeks. Cook on medium-low heat for about 5 minutes, until leeks have softened. If they start to brown, turn down heat. Add mushrooms and garlic and cook over medium heat, for an additional 5 minutes. Add carrots and cook for an additional 3 minutes.
8. Sprinkle vegetables with flour and stir for a minute. Add chicken stock and white wine and bring to a boil, stirring. Turn down heat to medium and continue cooking for an additional 3-4 minutes to allow the raw flour to be cooked.
9. Add artichoke hearts, peas, diced chicken, lemon zest, parsley, Siracha

sauce and salt and pepper. Taste and adjust seasoning, if necessary. Turn off heat. Ladle filling into 6 mini ovenproof casserole dishes (1 ½ - 2 cup capacity).

10. Preheat oven to 375° F. Remove pastry from fridge, dust counter and rolling pin with flour, and roll out pastry so it is 1/8 inch thick. Cut pastry into pieces a little bigger than the top of each casserole dish. Drape pastry over the top of each casserole and press along the sides to adhere. Cut a few slits in the top of each casserole. Brush tops with beaten egg. Decorate tops with pastry scraps if desired, and brush with egg. Place casseroles on baking sheet and bake in preheated oven for 20 minutes. Cover tops of casseroles with foil, so they do not overbrown and bake for an additional 10-15 minutes.