

Chicken Pot Pie

Adapted from Betty Crocker

If you're making pies first make your pastry and refrigerate while making the filling or use frozen crusts or puff pastry if you prefer.

1/3 cup butter
1/3 cup flour
1/3 cup chopped onion
1/2 tsp salt
1/4 tsp pepper
1 3/4 cup chicken broth
2/3 cup milk
2 cups cut up cooked chicken
1 1/2 cups frozen peas
1 1/2 cups of carrots chopped fairly small

Peel and chop the carrots and boil until just tender. Add the frozen peas and bring to a boil, drain and reserve.

Heat butter over medium-low heat until melted. Mix flour, salt and pepper, and add to butter, stir until smooth. Add onion and cook over low heat, stirring constantly until mixture is smooth and bubbly. Remove from heat. Stir in broth and milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Add the chicken and vegetables.

This filling is great with any starch – potatoes or rice – or you can make pastry (we follow the Tenderflake instructions that come with the lard).

Roll out the pastry. Preheat the oven to 425° and make either one deep dish pie or individual meat pies in tins or ramekins. Cover them with a circle of pastry and bake until they're bubbling and the pastry is golden and puffy – about 25-30 minutes.

This recipe is ideal for doubling or tripling, and the pies freeze very well and heat beautifully in the microwave. One batch of the recipe makes a 9" deep dish pie or 5 individual (4" x 1 1/2" deep) pies.