

# Good Pie-Brations (Chicken Pot Pie) with Chef Loren Avellino

- All-butter flaky pie dough
- Chicken pot pie filling

## Special equipment:

- Rolling pin (optional)
- 9" pie plate



For the purposes of the class, please measure out all the ingredients for the recipes and have them set aside and ready. If making the dough, the butter should be cubed and put back into the refrigerator. The ice water can be done right before we make the dough. If using pre-made pie shells, keep one frozen until the start of class. Place the other shell in the refrigerator.

**All-Butter Flaky Pie Dough** (adapted from Stella Parks, SeriousEats.com)

Prep time: 5 minutes. Rest time: 20-60 minutes. Cook time: 45 minutes.

Yields: Two 10" pie crusts

**Ingredients**

- 2 sticks cold, unsalted butter, cut into cubes
- 1 2/3 cups all-purpose flour, plus more for work surface
- 1 teaspoon kosher salt
- 1/2 cup ice water

**Directions**

1. Pour 1/2" cup of water over ice and set aside.
2. In a bowl, add 1 2/3 cups or 225g of scooped and leveled flour (do not pack), and a teaspoon of salt. Stir together to combine.
3. To the bowl, add in the cubed butter and toss to coat each cube in flour. Working quickly, squish or flatten each cube between your thumb and forefinger to create flat discs of butter. Continue until all cubes have been squished.
4. Pour in 1/2 cup of cold water and use a spatula to combine the ingredients together. Once the dough starts sticking to itself, tip it out onto a clean, floured surface.
5. Knead dough together briefly, until you can roll it out. Roll it into a rough rectangle, fold the dough over itself like a tri-fold letter. Repeat this process once more.
6. Cut the folded dough in half, flatten one half into a disc, wrap in plastic wrap and freeze for 20-30 minutes. Roll out the other half into about a 14" circle or square and place it into a pie plate. Trim off the excess dough and reserve for another purpose. Freeze before filling for 20-30 minutes. At this point, you could also wrap it tightly in plastic wrap, then wrap the whole pie plate and shell in foil and freeze up until 3 months.
7. When ready, brush the bottom of the dough with beaten egg white, fill and bake on a preheated cookie sheet at 425 F for 35-45 minutes until golden brown.

## Chicken Pot Pie Filling

Prep time: 15 minutes. Cook time: 30 minutes. Yields: Filling for 10" pie

### Ingredients:

- 1 sticks of unsalted butter
- 1 pound boneless, skinless chicken breast, cubed into ½" pieces
- 2 large carrots, diced
- 2 large celery stalks, diced
- 1 medium onion, diced
- 2 medium garlic cloves, minced
- ½ bunch fresh parsley, washed and chopped fine
- 1 cup frozen peas
- 1 1/2 cups chicken stock
- 3/4 cup whole milk
- 1 egg, yolk and white separated
- 10 oz cremini mushrooms (optional)

### Spice Blend:

- 2 teaspoons kosher salt
- ¼ teaspoon freshly ground black pepper
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon dried thyme

### Directions:

1. Stir together the spices in a small bowl.
2. In a large sauté pan, melt 1 tablespoon of butter over medium heat, add the diced chicken breast, and sauté until completely opaque, about 7-8 minutes. Season halfway through with 1/3 of the spice blend. Once chicken is cooked, set aside in a large bowl.
3. To the same pan, add another tablespoon of butter, once melted, add in diced celery, carrots, and onions, sauté until softened, about 8-10 minutes. Halfway through the cooking, add in minced garlic, then season with another third of the spice blend. Add to the bowl with the chicken.
4. If using mushrooms, melt another tablespoon of butter and sauté over medium-low heat. If the pan looks dry, season the mushrooms early in their cooking process to release some moisture. Cook until soft about 5-7 minutes. Add the mushrooms to the chicken and veggies in the bowl.
5. Add 3 more tablespoons of butter to the pan, once fully melted and starting to foam,

add 3 tablespoons of flour and whisk to combine. This is known as a blonde roux, which will be used to thicken the sauce that goes into the pot pie.

6. Continue whisking about two minutes until the flour starts to smell slightly toasted. While whisking, add the chicken broth or stock to the pan. Try to scrape the bottom of the pot and pick up all the leftover brown bits from the chicken and veggies. Cook for 2-3 minutes until starting to thicken, whisk in milk, and continue to stir, ensuring no lumps form. Cook for 2-3 minutes more until bubbling.
7. Turn the sauce off the heat and stir in 1 cup of frozen peas, the chopped parsley, and the reserved chicken and vegetables.
8. Remove the disc of dough and the frozen bottom pie shell from the freezer. If using pre-made pie shells, remove them from the fridge and freezer respectively.
9. Preheat the oven to 425° F and place a cookie sheet on the bottom-most rack.
10. Brush the bottom (frozen) pie shell with beaten egg white. Fill with pie filling and set aside.
11. If using the pre-made shell, unmold it from the tin and drape it over the filled pie. Roll out second disc of dough into a 14" circle and drape it over the filled pie shell. Trim the top (home-made) dough but leave enough so you can tuck the top over the bottom dough to create a thick crust. Using either the tines of a fork or the pinch-and-poke method (which I will demonstrate), create a decorative crust to seal the dough. Brush with a beaten egg yolk.
12. Cut an "x" into the top of the dough and bake on a cookie sheet on the bottom rack for 35-45 minutes until golden brown and bubbling. Check on the pie after 20 minutes. You may need to use a foil collar to prevent the edges from getting too brown. Remove the pie from the oven and wait 15 minutes before cutting into the pie to serve it.

**Tips:**

- To reheat cold pie, place in a 350°F oven for 30 minutes. For a slice of pie, heat at 350°F for 10 minutes.
- Fill the pie with filling of choice, you can also use this dough for apple pie. For sweet applications, dust the top with granulated sugar after brushing with egg yolk.
- This dough is also great for lattice crusts. To make, roll top dough into a 9" x 15" rectangle and cut thin strips. Refrigerate the strips for 1 hour before topping the pie with them.