

Chicken Pot Pie

<http://pajamachef.wordpress.com/2011/04/07/chicken-pot-pie>

Ingredients:

- 1 recipe All Butter Crust, prepared at least an hour in advance
<http://simplyrecipes.com/recipes/all-butter-crust-for-sweet-and-savory-pies-pate-brisee/>
- olive oil
- 1 pound boneless, skinless chicken breasts, chopped into 1 inch cubes
- 2 cups chopped carrots
- 1 cup chopped celery
- 1 cup Fordhook lima beans [mine were frozen]
- 1 cup corn [mine was frozen]
- 1 cup chopped onion
- 2 cloves garlic, minced
- 1 teaspoon freshly ground lemon pepper
- 1/2 teaspoon tarragon
- 6 tablespoons all purpose flour
- 6 tablespoons butter
- 4 cups chicken broth
- 1/4 cup fat free half and half, at room temperature

Directions:

Make crust. I use this All Butter Crust and only made a top layer, but you could do a dual layer if you want. Be sure to make this crust at least an hour in advance, as it needs time to rest in the refrigerator prior to rolling out. Alternatively, you could use store bought crust or puff pastry sheets.

In a large bowl, stir together carrots, celery, lima beans, and corn. Set aside.

Heat olive oil [just enough to go once around the pan] in a large skillet over medium heat. Add chicken to pan then season with lemon pepper and tarragon. Toss to coat, then saute chicken until fully cooked. Remove from heat and drain oil, if necessary. Mix chicken into the vegetable bowl. Set aside.

Meanwhile, melt butter in a large dutch oven over medium heat. Add onion and garlic to pan. Cook until golden brown and soft, about 4 minutes. Add flour and stir constantly, making a roux. Cook for another 4-5 minutes, or until roux darkens slightly. Slowly stir in chicken broth. Cook and stir for another 3 minutes or so while sauce thickens, then remove from heat and stir

in half and half. Pour sauce over vegetable and chicken mixture, then transfer mixture to a large casserole dish [I used a 10 inch round casserole dish]. Dish should have a capacity of at least 2-3 quarts.

Roll out crust and gently place over filling, pressing the edges around the dish to seal. Brush top with a beaten egg for shine. Cut small slits in crust for ventilation, then bake for approximately 30-35 minutes, topping with foil halfway through. Let rest for 5 minutes before serving.

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