

Classic Chicken Potpie

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Servings: 6

FOR THE CRUST

1 1/4 cups all-purpose flour, spooned and leveled

1 teaspoon sugar

1/4 teaspoon fine salt

1/2 cup (one stick) cold unsalted butter, cut into 1/2-inch pieces

3 to 5 tablespoons ice water

FOR THE FILLING

5 tablespoons unsalted butter

1 medium (1-1/2 cups) yellow onion, diced small

4 medium (2 cups) carrots, diced small

2 cloves garlic, minced

1/2 cup all-purpose flour, spooned and leveled

4 cups low-sodium chicken broth

1 cup frozen peas

coarse salt

ground pepper

3 cups (15 ounces) shredded cooked chicken

1/3 cup fresh parsley, chopped

Preparation Time: 45 minutes

TO MAKE THE CRUST: In a food processor, pulse together the flour, sugar and salt. Add the butter and pulse until the mixture resembles coarse meal, with a few pea-size pieces of butter remaining. Sprinkle with three tablespoons of ice water. Pulse until the dough is crumbly but holds together when squeezed (If necessary, add up to two tablespoons of ice water); do not overmix. Form the dough into a disk, wrap tightly in plastic and refrigerate until firm, one hour or overnight (or freeze, up to one month).

Preheat the oven to 375 degrees.

TO MAKE THE FILLING: In a large pot, melt the butter over medium-high heat. Add the onion and carrots and cook until softened, about 8 minutes. Add the garlic and cook until fragrant, about 30 seconds. Add the flour and stir to coat the vegetables. Slowly add the broth, whisking constantly until the sauce is smooth. Bring to a boil. Reduce the heat and simmer until thickened, about 5 to 7 minutes. Stir in the peas. Season with salt and pepper, then stir in the chicken and parsley. Pour the filling into a two-quart baking dish. (To make single-serving size pies, use six ten-ounce dishes.)

On a floured work surface, roll out the dough to a 1/8-inch thickness. Place the dough over the dish and fold the overhang inward while pinching to crimp the edge. Cut vents in the dough. Place the dish on a rimmed baking sheet.

Bake until the crust is golden brown and the filling is bubbling around the edge, about 45 to 50 minutes.

Let cool 15 minutes before serving.

Start to Finish Time: 1 hour 45 minutes

Per Serving (excluding unknown items): 355 Calories; 19g Fat (45.2% calories from fat); 13g Protein; 40g Carbohydrate; 4g Dietary Fiber; 47mg Cholesterol; 78mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	355	Vitamin B6 (mg):	.2mg
% Calories from Fat:	45.2%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	41.1%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	13.7%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	19g	Folacin (mcg):	86mcg
Saturated Fat (g):	11g	Niacin (mg):	7mg
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	47mg	% Refuse:	0 0%
Carbohydrate (g):	40g		
Dietary Fiber (g):	4g		
Protein (g):	13g		
Sodium (mg):	78mg		
Potassium (mg):	367mg		
Calcium (mg):	47mg		
Iron (mg):	3mg		
Zinc (mg):	1mg		
Vitamin C (mg):	10mg		
Vitamin A (i.u.):	14327IU		
Vitamin A (r.e.):	1527 1/2RE		

Food Exchanges

Grain (Starch):	2
Lean Meat:	1
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	3 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 355 **Calories from Fat:** 161

% Daily Values*

Total Fat 19g	30%
Saturated Fat 11g	54%
Cholesterol 47mg	16%
Sodium 78mg	3%
Total Carbohydrates 40g	13%
Dietary Fiber 4g	16%
Protein 13g	
Vitamin A	287%
Vitamin C	17%
Calcium	5%
Iron	17%

* Percent Daily Values are based on a 2000 calorie diet.