

Buttermilk Biscuit Ham Potpie

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Servings: 8

3 ribs celery, diced
2 medium onions, diced
2 medium carrots, diced
1/2 fennel bulb, diced
2 tablespoons olive oil
1/4 cup unsalted butter, cubed
1/2 cup all-purpose flour
1 carton (32 ounce) reduced-sodium chicken broth
1 teaspoon dried thyme
2 cups fully-cooked ham, cubed
1 tablespoon fresh tarragon, chopped
1/4 teaspoon salt
1/4 teaspoon pepper
BUTTERMILK BISCUITS
2 cups all-purpose flour
1 tablespoon baking powder
1/2 teaspoon Kosher salt
1/2 teaspoon baking soda
2/3 cup unsalted butter, cubed
3/4 cup buttermilk

Preparation Time: 45 minutes

Bake: 25 minutes

Preheat the oven to 425 degrees.

In a bowl, toss the celery, onions, carrots and fennel in oil. Spread in a 15x10-1-inch baking pan. Roast, stirring occasionally, until lightly browned, 20 to 25 minutes. Cool.

Reduce the oven to 350 degrees.

In a saucepan, melt the butter. Stir in the flour until smooth. Gradually whisk in the chicken broth. Add the thyme. Bring to a boil, stirring constantly. Reduce the heat. Simmer for 10 minutes.

Add the vegetables, ham, tarragon, salt and pepper. Cook until heated through. Transfer the mixture to a greased 13x9-inch baking dish.

For the biscuits, pulse the flour, baking powder, salt and baking soda in a food processor until blended. Add the butter. Pulse until the butter is the size of peas.

Transfer the mixture to a bowl. Stir in the buttermilk until no flour is visible. Turn onto a floured surface. Knead gently eight to ten times. Roll the dough into a 13x9-inch rectangle. Cut into shapes of your choice.

Arrange the biscuit pieces, overlapping slightly, over the ham mixture.

Bake until the topping is golden brown, 25 to 30 minutes.

Let stand 10 minutes before serving.

Per Serving (excluding unknown items): 393 Calories; 25g Fat (56.6% calories from fat); 6g Protein; 37g Carbohydrate; 3g Dietary Fiber; 57mg Cholesterol; 501mg Sodium. Exchanges: 2 Grain(Starch); 1 Vegetable; 0 Non-Fat Milk; 5 Fat; 0 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	393
% Calories from Fat:	56.6%
% Calories from Carbohydrates:	37.5%
% Calories from Protein:	5.9%
Total Fat (g):	25g
Saturated Fat (g):	14g
Monounsaturated Fat (g):	9g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	57mg
Carbohydrate (g):	37g
Dietary Fiber (g):	3g
Protein (g):	6g
Sodium (mg):	501mg
Potassium (mg):	292mg
Calcium (mg):	168mg
Iron (mg):	3mg
Zinc (mg):	1mg
Vitamin C (mg):	7mg
Vitamin A (i.u.):	5909IU
Vitamin A (r.e.):	707 1/2RE

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	78mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	2
Lean Meat:	0
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	5
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 393 Calories from Fat: 223

% Daily Values*

Total Fat	25g	38%
Saturated Fat	14g	68%
Cholesterol	57mg	19%
Sodium	501mg	21%
Total Carbohydrates	37g	12%
Dietary Fiber	3g	12%
Protein	6g	
Vitamin A		118%
Vitamin C		11%
Calcium		17%
Iron		15%

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