

Chicken Pot Pie

Ingredients:

3 large pieces boiled chicken

Salt and pepper

3 tbsp. olive oil

1 1/2 cup mixed vegetables (peas and carrots)

2 tbsp. flour

2 cups chicken stock (can use from stock after boiling chicken)

1 cup heavy cream

1 thawed store bought pie crust or homemade

1 egg lightly beaten

Place chicken in a pan and cover with about 3 cups of water or enough to boil the chicken. While the chicken is boiling, cook vegetables in a pan of water with salt and pepper.

In a small skillet, add the olive oil and flour stirring together to form the roux. Remove chicken from boiling stock and place aside for cooling. You can speed this up by placing in a bowl of cold water.

Add 2 cups of chicken stock to the roux and cook over medium heat until thickened.

Shred the chicken and strain vegetables; adding to the sauce. Add the cup of cream and cook a little longer until nice and thick.

Place the pie pan in the pie pan; ensuring you poke holes in it with a fork. Add the mixture and top with the remaining pie shell making sure to fold the excess back over onto the rim of the pie pan.

Slice some vent holes and bake in a preheated oven 400 degrees for about 30 minutes.