

Chicken Pot Pie

Serves: 4 servings

Chicken:

1 LBS	3-4 Pound Roasting Hen
1 LARGE	Onion / Roughly Chopped
2 LARGE	Carrots / Roughly Chopped
2	Celery Ribs / Roughly Chopped
1 LARGE	Lemon / Zested and Juiced
	Kosher Salt
	Freshly Ground Pepper

Pot Pie:

1/4 LBS	Unsalted Butter
1/2 CUPS	All Purpose Flour
	Kosher Salt
	Freshly Ground Pepper
1 BAG	Pearl Onions
4 SPRIGS	Roughly Chopped Italian Parley
2 SHEETS	Puff Pastry
1	Egg mixed with 3 tablespoons water
1/4 CUPS	Parmigiano-Reggiano / shredded

Directions:

Preheat oven to 375 degrees F.

Put the chicken in a Roasting Pan and season with Kosher Salt and Fresh Crack Pepper. Add the onion carrot celery and lemon zest and juice. Roast the Chicken for 45 minutes or until the juices run clear. Remove from the oven and toss, and then allow to cool. When the chicken is cool enough to handle, shred the meat and set aside.

Melt the butter and then whisk in the flour to form a paste. This is a roux, which will act as a thickener. Now, gradually pour in 8 cups of the chicken broth, whisking the entire time to prevent lumps. Whisk and simmer for 10 minutes to cook out the starchy taste of the flour and thicken the broth; it should look like cream of chicken soup. Season with salt and pepper. Fold in the shredded chicken, pearl onions, and parsley. Stir to combine and turn off the heat.

Preheat the oven to 350 degrees F. Lay the thawed puff pastry sheets on a lightly floured, cool surface. Invert individual crocks on the pastry sheet and, using a sharp knife, cut circles around the outside of the bowls, slightly larger than the bowl itself. Fill the crocks 3/4 of the way with the chicken mixture, making sure each serving has a nice amount of chicken, vegetables, and broth. Carefully cap each crock with a pastry circle, pressing the dough around the rim to form a seal. Lightly beat the egg with 3 tablespoons of water to make an egg wash and brush some on the pastry. Sprinkle the pastry with the Parmigiano. Set the crocks on a cookie sheet and transfer to the oven. Bake for 20 minutes, until puffed and golden.

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