

CHICKEN POT PIE

Ingredients

- 1 lb. Boneless Chicken Breasts (about 4), poached
- ½ cup Carrots, diced
- ¼ cup Parsnips, diced
- ¼ cup Onions, diced
- 2 tbs. Butter
- 1 tbs. Chopped Sage
- 3 cups Chicken Pot Pie Sauce (see recipe following)
- 1 pkg Frozen Puff Pastry Shells
- 1 Egg
- 2 tbs. Whole Milk

To Poach Chicken Breasts:

Place about 3 cups water in a saucepan with ½ teaspoon salt and bring to a boil. Remove from heat. Place chicken breast in hot water. Reduce heat to simmer, cover pot and gently simmer until cooked through; about ½ hour. Remove breasts from water and when they are cool, cut into dices.

Sauce:

- 4 tbs. Butter
- 4 tbs. Flour
- 1 tbs. Chopped Sage
- 4 cups Chicken Brother
- Salt and Pepper to taste

1. Melt butter in a medium saucepan. Add flour and sage and cook until slightly golden in color and the consistency of wet sand. Remove from heat.

2. Slowly add chicken brother, stirring well until completely blended, making sure there are no lumps. Return to medium heat and simmer until thickened, stirring frequently. Add salt and pepper to taste.

To Assemble and Prepare Pot Pie:

1. Preheat oven to 350°F
2. Dice onions, carrots and parsnips. Melt butter in medium saucepan. Add vegetables and sauté until tender. Remove from heat.
3. Add chicken, sage, salt and pepper to taste. Place chicken mixture in a buttered, ovenproof baking dish. Pour sauce over vegetables. Place at least four discs of puff pastry on top of vegetables and sauce.
4. Prepare egg wash by beating together the egg and milk. Brush egg wash over puff pastry.
5. Bake in a 350°F oven for 30-35 minutes or until puff pastry is golden brown on top.