Kids Cooking Green

Sonia's Special Homemade Chicken Pot Pie

A note from KCG Kid Advisor Ella:
"Sonia's Chicken pot pie was amazing. The crust was like a biscuit on top. The filling was perfect. I made it with substitutions for broth and scallions, but it was great. The only thing to change would be to have more veggies, but it tasted delicious and I would make it again."

Cooking the chicken and making a homemade broth:

One 2 1/2-3 lb. local, organic chicken (if possible)
About 8 cups of water
Salt
1 small carrot washed and cut into large pieces
1 rib celery with leaves washed, cut into pieces
1 medium onion cut in half, then in half again

1. Wash the chicken and remove all fat. Bring the water to a boil with a tsp of salt, and vegetables, along with the neck and gizzard. When the water comes to a boil, lower the chicken into it (make sure there's enough water to cover, if not, add more). Cover and turn down to a lively simmer.
2. Cook until done -about 50-to 60 minutes; you can tell by lifting the chicken out and making sure that the juices that run out of the cavity are no longer pink. Plunge the chicken into a bowl of ice water (this makes the juices retreat into the the chicken so that it is very succulent.)
3. When the chicken is cool enough to handle, pull all the flesh off the bones and cut into generous pieces. Return the bones and any juices to the water in which the chicken was simmered, and cook over moderate heat to reduce to a tasty broth -about 1 hour.

Ingredients for the pie filling:

2-3 leeks, roots cut off, sliced in an X and soaked in water for 3 minutes to remove dirt
4 Tbsp. butter
4 Tbsp. flour
½ cup light cream
1 Tbsp. chopped washed, dried parsley, chives
1 cup vegetables, potatoes, parsnips, broccoli, peas, carrots, or mushrooms, diced or sliced!

1. Cut the leeks into ¾ inch slices. Add 1 cup of veggies of your choice- Put them in a pan with chicken broth to cover and cook until just tender and the broth has boiled away.
2. Melt the butter in a saucepan and stir in the flour to make a roux.
3. Cook over moderate heat, stirring for 2 minutes. Take off heat, whisk in 2 cups of the hot chicken broth and return to the heat, stirring until thickened.

4. Add the cream, season to taste with salt, and let simmer to reduce slightly.
5. Add the chicken, leeks and herbs to the sauce, heat through, and keep warm until ready to assemble.

Ingredients for Baking Powder Biscuit Crust:

Pre-heat oven to 425-degrees
1 ½ cups of flour
1 Tbsp. baking powder
½ tsp. of salt
6 Tbsp. vegetable shortening, lard or butter
About ½ cup milk

1. Toss the flour with the baking powder and salt, then work in the shortening until the mixture resembles fresh bread crumbs.
2. Stir in just enough milk so the the dough holds together. Turn it onto a floured board and knead it lightly 4 or 5 turns.
3. Roll or pat it out into a circle the same circumference as the baking dish you are using (a shallow 6-cup dish is best).
4. Spread the chicken mixture into the baking dish, then transfer the circle of dough to the top, pressing it into the edges of the dish. Make several slashes in the top and bake in a preheated 425-degree oven for 20 minutes.