

CHICKEN & LEEK PIE G D LOW

Gluten & Dairy Containing, Low chemical

Makes 4-6 individual serves

(Pictured 1 $\frac{3}{4}$ cup serving dishes)

Ingredients:

Filling:

- 1.6 kg whole chicken
- 1 swede
- 2 cloves garlic
- 2 tblsp canola oil
- 2 leeks (from white end to below the green leaves)
- 1/3 (50g) cup plain flour
- 200ml thickened lite cream
- 2 tblsp chopped parsley
- 3 stalks (200g) celery
- 1 egg
- Salt to season

Method:

Allow at least 2 $\frac{1}{2}$ hours for filling and pie preparation before placing it in the oven for the final $\frac{1}{2}$ hour cook. Filling can be made the day before.

Chicken filling:

- Wash the whole chicken and place it in a saucepan with the peeled, chopped swede and peeled garlic cloves.
- Cover the chicken with water, put on the lid and bring the water to a simmer.
- Simmer, with a partially closed lid, for about 1 hour (or until chicken is just cooked)
- Remove from the heat, place the lid on the pot and leave for 30 minutes in the water to finish cooking.
- Take out the chicken and reserve 1 $\frac{1}{2}$ cups (375ml) of the stock (freeze the rest for use in other dishes).
- When the chicken is cooled a little, shred the chicken from the bones and skin
- Heat the oil in a fry pan and add the leek, season with salt. Stir leek over a medium-low heat for 5-6 minutes, until softened
- Add the celery and stir for 1-2 minutes
- Add the flour and stir through the mixture, stirring for about 1 minute to coat the vegetables
- Pour in the reserved chicken stock and stir for a further 2-3 minutes until the mixture thickened slightly.
- Add the cream, parsley and shredded chicken and mix to combine
- This mixture could be stored at this stage chilled at this stage to make the pie up later.



Rough Puff Pastry:

(or find a suitable commercial one without preservatives)

- 1 $\frac{1}{2}$ cups(170g) plain flour
- 125g cold unsalted butter
- $\frac{1}{4}$ cup (60g) sour cream
- $\frac{1}{4}$ cup cold water

To make the pastry:

Preheat the oven to 200°C.

Grease 4-6 individual pie dishes (or one large 26cm x 26cm x 3 cm deep baking dish)

- Chop the butter into chunks and place in a mixing bowl with the flour.
- With your fingertips rub the flour and butter together until large clumps form.
- Add the sour cream and cold water
- Stir until combined but lumps of butter should still be seen
- Tip the mixture onto a lightly floured bench and knead until it all comes together
- Roll out with a rolling pin to roughly 15cm x 30cm rectangle
- Fold into 3: - Lift the short end of the pastry and fold it just past the middle. Fold the other short end of top of this
- Roll this out again to the same dimensions
- Repeat the folding and rolling 3 more times.
- Roll the final pastry to about 3-4 millimetres high and cut out circles to fit the top of your individual pie dishes. (Turn one serving bowl upside down and trace around the outside for the dimension)
- Re-roll the scraps of pastry together to complete all the lids
- (or if making a large pie, roll the pastry out large enough to cover the pie dish)

Assembly:

- Spoon the chicken evenly into the pie dishes
- (if it has been in the fridge and is completely cold, you may want to heat it in the microwave for about 2 minutes to start the re-heating process, or it may still be cold when the pastry is cooked)
- Lay the pastry over the top, pressing it to the edges
- You can use a fork to press the pastry to the edges of the dish
- Lightly beat the egg and brush the top of the pastry with this
- Bake for 30 minutes or until the pastry tops are golden brown and flaky

Serve