

Chicken Pot Pie

My families favourite recipe.
Makes 12 small individual chicken pot pies.

**By Sheltie Girl,
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Ingredients-Sauce

3 tbsps of olive oil, 1½ tbsps of gluten free oat flour, 1½ tbsps brown rice flour, 1 cup of chicken broth, ½ tspn freshly ground black pepper, 1 tspn corn starch, salt to taste

Ingredients-Filling

3 baked chicken breasts, chopped small, ¼ cup minced onion, cooked
1 cup of peas & carrots, cooked
Optional: 1 small peeled potato, cooked & sliced

Ingredients-Topping

Pastry for 1 - 8 inch pie shell

Method

1. Preheat the oven to 425 degrees F. Cover a cookie sheet with parchment paper and place the ramekins or small baking dishes on the sheet.
2. Warm the butter or olive oil in a saucepan, then stir in the oat and rice flour. Stir for 2 minutes. Slowly add the chicken broth, oat milk, pepper and corn starch. Continue stirring and cook for about 5 minutes or until the mixture is thick and smooth. Taste the sauce and then add salt to taste. Remove from the heat and set aside. Begin to work on the filling.
3. In a large bowl, dump in the chicken, onions, peas, carrots and potato (if using). Stir the mixture together and then spoon it into the baking dishes until the dish is ¾ full.
- 4 Spoon the sauce over the chicken mixture in each individual baking dish.
5. Lay the prepared pie crust on top of the chicken mixture and decorate with the extra pastry pieces.
6. Bake for 25 to 30 minutes or until the crust is nicely browned.

Pastry Crust-Ingredients

4 tbsps brown rice flour, 4 tbsps chestnut flour, 4 tbsps arrowroot starch
2 tbsps sweet rice flour, 1 tspn chia seed meal, ¼ tspn sea salt
1/3 cup vegetable shortening, 3 - 6 tbsps cold water
1. In a bowl, dump in the flours

Method:- making the Pastry Crust

1. In a medium bowl, dump in the flours, chia seed meal and salt. Cut the shortening into the mix with a fork. Continue cutting in the shortening until the mixture looks crumbly and has tiny balls in it.
2. Sprinkle water over the mixture 1 tspn at a time and blend with the flour. Do this 1 tspn at a time until the dough can be lightly pressed in to a ball. Then place the dough into the refrigerator for 30 minutes or until chilled.
3. Place the dough in the centre of a piece of parchment paper and then cover with another piece of parchment paper. Roll out the dough until it is about 8 inches in diameter. Using pastry cutters, cut out the dough rounds that will cover the top of your baking dishes. Cut decorative shapes out of the centre and use the little shapes to decorate the top of your pastry.