

Curried Chicken Potpie

Martha Stewart
Palm Beach Post

Servings: 6

FOR THE CRUST

1 1/4 cups all-purpose flour, spooned and leveled

1 teaspoon sugar

1/4 teaspoon fine salt

1/2 cup (one stick) cold unsalted butter, cut into 1/2-inch pieces

3 to 5 tablespoons ice water

FOR THE FILLING

5 tablespoons unsalted butter

1 medium (1-1/2 cups) yellow onion, diced small

1/2 head cauliflower, cut into florets

2 cloves garlic, minced

2 tablespoons curry powder

1/2 cup all-purpose flour, spooned and leveled

4 cups low-sodium chicken broth

1/4 pound green beans, trimmed and cut into one-inch pieces
coarse salt

ground pepper

3 cups (15 ounces) shredded cooked chicken

Preparation Time: 45 minutes

TO MAKE THE CRUST: In a food processor, pulse together the flour, sugar and salt. Add the butter and pulse until the mixture resembles coarse meal, with a few pea-size pieces of butter remaining. Sprinkle with three tablespoons of ice water. Pulse until the dough is crumbly but holds together when squeezed (If necessary, add up to two tablespoons of ice water); do not overmix. Form the dough into a disk, wrap tightly in plastic and refrigerate until firm, one hour or overnight (or freeze, up to one month).

Preheat the oven to 375 degrees.

TO MAKE THE FILLING: In a large pot, melt the butter over medium-high heat. Add the onion and cauliflower and cook until softened, about 8 minutes. Add the garlic and and curry powder; cook until fragrant, about 30 seconds. Add the flour and stir to coat the vegetables. Slowly add the broth, whisking constantly until the sauce is smooth. Bring to a boil. Reduce the heat and simmer until thickened, about 5 to 7 minutes. Stir in the green beans. Season with salt and pepper, then stir in the chicken. Pour the filling into a two-quart baking dish. (To make single-serving size pies, use six ten-ounce dishes.)

On a floured work surface, roll out the dough to a 1/8-inch thickness. Place the dough over the dish and fold the overhang inward while pinching to crimp the edge. Cut vents in the dough. Place the dish on a rimmed baking sheet.

Bake until the crust is golden brown and the filling is bubbling around the edge, about 45 to 50 minutes.

Let cool 15 minutes before serving.

Start to Finish Time: 1 hour 45 minutes

Per Serving (excluding unknown items): 330 Calories; 20g Fat (48.5% calories from fat); 12g Protein; 35g Carbohydrate; 3g Dietary Fiber; 47mg Cholesterol; 39mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	330	Vitamin B6 (mg):	.1mg
% Calories from Fat:	48.5%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	37.9%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	13.5%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	20g	Folacin (mcg):	81mcg
Saturated Fat (g):	11g	Niacin (mg):	6mg
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	47mg	% Refuse:	0 0%
Carbohydrate (g):	35g		
Dietary Fiber (g):	3g		
Protein (g):	12g		
Sodium (mg):	39mg		
Potassium (mg):	269mg		
Calcium (mg):	46mg		
Iron (mg):	3mg		
Zinc (mg):	1mg		
Vitamin C (mg):	8mg		
Vitamin A (i.u.):	784IU		
Vitamin A (r.e.):	173 1/2RE		

Food Exchanges

Grain (Starch):	2
Lean Meat:	1
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	3 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 330 **Calories from Fat:** 160

% Daily Values*

Total Fat 20g	30%
Saturated Fat 11g	54%
Cholesterol 47mg	16%
Sodium 39mg	2%
Total Carbohydrates 35g	12%
Dietary Fiber 3g	11%
Protein 12g	
Vitamin A	16%
Vitamin C	14%
Calcium	5%
Iron	18%

* Percent Daily Values are based on a 2000 calorie diet.