

# Mushroom-Marjoram Chicken Potpie

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## 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

10 ounces button mushrooms, trimmed and quartered

2 cloves garlic, minced

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

4 cups low-sodium chicken broth

1 cup frozen peas

coarse salt

ground pepper

3 cups (15 ounces) shredded cooked chicken

1 tablespoon chopped fresh marjoram or 1 teaspoon dried marjoram, chopped

## 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 mushrooms and cook until softened, about 8 minutes. Add the garlic and 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 peas.

Season with salt and pepper, then stir in the chicken and marjoram. 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

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Per Serving (excluding unknown items): 346 Calories; 20g Fat (46.3% calories from fat); 14g Protein; 37g Carbohydrate; 3g Dietary Fiber; 47mg Cholesterol; 63mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 1 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	346	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	46.3%	<b>Vitamin B12 (mcg):</b>	.4mcg
<b>% Calories from Carbohydrates:</b>	39.3%	<b>Thiamin B1 (mg):</b>	.4mg
<b>% Calories from Protein:</b>	14.4%	<b>Riboflavin B2 (mg):</b>	.5mg
<b>Total Fat (g):</b>	20g	<b>Folacin (mcg):</b>	90mcg
<b>Saturated Fat (g):</b>	11g	<b>Niacin (mg):</b>	8mg
<b>Monounsaturated Fat (g):</b>	5g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	47mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	37g		
<b>Dietary Fiber (g):</b>	3g		
<b>Protein (g):</b>	14g		
<b>Sodium (mg):</b>	63mg		
<b>Potassium (mg):</b>	387mg		
<b>Calcium (mg):</b>	36mg		
<b>Iron (mg):</b>	9mg		
<b>Zinc (mg):</b>	1mg		
<b>Vitamin C (mg):</b>	8mg		
<b>Vitamin A (i.u.):</b>	825IU		
<b>Vitamin A (r.e.):</b>	178RE		

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 346 **Calories from Fat:** 160

### % Daily Values\*

<b>Total Fat</b> 20g	30%
Saturated Fat 11g	54%
<b>Cholesterol</b> 47mg	16%
<b>Sodium</b> 63mg	3%
<b>Total Carbohydrates</b> 37g	12%
Dietary Fiber 3g	12%
<b>Protein</b> 14g	
<b>Vitamin A</b>	16%
<b>Vitamin C</b>	13%
<b>Calcium</b>	4%
<b>Iron</b>	47%

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