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CHICKEN POT PIE

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INGREDIENTS

2 lbs boneless, skinless chicken, cut into 1-inch chunks
Salt and freshly ground black pepper to taste
3 tbsps all-purpose flour
4 tbsps vegetable oil
4 tbsps unsalted butter, divided
½ pound red-skinned potatoes, cut into ½ -inch pieces
½ pound carrots, peeled and cut into ½ -inch pieces
1 medium yellow onion, peeled and diced
2 garlic cloves, minced
Pinch of crushed red pepper flakes
1 sprig thyme
1 bay leaf
1 cup white wine
2 cups organic chicken stock
1 cup plus 1 tablespoon heavy cream
¼ cup dry sherry
½ cup shelled or frozen peas
Approximately ½ pound frozen puff pastry, defrosted following package instructions
1 cage-free egg

DIRECTIONS

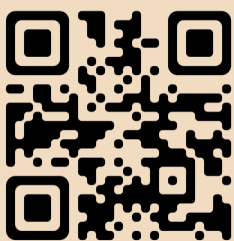
Season the chicken pieces with salt and pepper, and toss in a mixing bowl with 2 tbsps of the flour until evenly coated. In a large skillet over high heat, heat 2 tbsps of the oil. Add the chicken pieces, reduce the heat to medium-high and sauté, turning them occasionally, until light golden and thoroughly cooked, about 5 to 10 minutes. Using a slotted spoon, transfer the chicken to a plate and set aside. Add the remaining oil and 2 tbsps of the butter to the pan, then add the potatoes, carrots, and onions and sauté until they begin to look glossy and bright, 2 to 3 minutes. Reduce the heat to medium, stir in the garlic, red pepper flakes, thyme, and bay leaf, and sauté, just until the vegetables begin to color slightly, 2 to 3 minutes more.

Add the wine, turn up the heat to medium-high, stir and scrape with a wooden spoon to deglaze the pan deposits, and simmer until the liquid reduces by about half, 3 to 5 minutes. Add the chicken stock and 1 cup of cream. Bring the liquid to a boil, reduce the heat slightly, and simmer until the liquid reduces by about half again and is thick and creamy, about 15 minutes. Remove the sprig of thyme and the bay leaf.

Stir in the reserved chicken pieces and the sherry. Stir together the butter and remaining flour and then stir this paste into the mixture. Season the sauce to taste with salt and pepper. Remove from heat and transfer to 4 large individual ovenproof 2-cup soup bowls, 4 ramekins of the same size, or a 2-quart baking dish. Cover with plastic wrap and refrigerate until the filling is cold, at least 1 hour.

Preheat the oven to 400°F. Make sure the puff pastry is no thicker than ¼ inch. With the tip of a sharp knife, cut the pastry into 4 circles that will overhang the rim of the serving bowls or ramekins by about ½ inch; for a single large baking dish, cut 4 circles that will cover its top, or use one large sheet.

In a small bowl, beat together the egg and the remaining 1 tbsp cream to make an egg wash. Brush the tops and outsides of the rims of the bowls. Place the bowls, ramekins, or baking dish on a baking tray and place the puff pastry circles on top, pressing them gently over the sides of the dishes. Pierce the tops with the tip of a paring knife. Brush the top of the pastry with egg wash. Carefully transfer the baking sheet to the oven and bake until the filling is bubbling hot and the pastry is a deep golden brown, 25 to 35 minutes. Serve hot.



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