

Food

The Estherville Daily News is proud to bring you the Food page every Tuesday. If you know anyone who should be featured on this page, please send their names and why you think they should be featured to: Managing editor, 10 N. Seventh St., Estherville, 51334 or editor@esthervilledailynews.com

POT PIE

Comforting joy!

By MARY ANN MENENDEZ
SPECIAL TO THE EDN

It is the ultimate comfort food - when two crust envelope vegetables and some sort of meat with a piping hot tasty gravy-broth mixture.

As far as I can tell, pot pies have been part of American cookery since 1785 where cookbooks described pot pie as a way of cooking and not necessarily as a recipe.

According www.foodtimeline.org, "Potpie ... A crusted pie made with poultry or meat, and, usually chopped vegetables. The term, which first appeared in American print in 1785, probably refers to the deep pie pans or pots used to bake pies in, and it has remained primarily an Americanism. The most popular pot pies have been chicken, beef and pork. The first frozen pot pie was made with chicken in 1951 by the C.A. Swanson Company."

---Encyclopedia of American Food and Drink, John F. Mariani [Lebhar-Friedman: New York] 1999 (p. 254)

Pot pies were a favorite among the subjects of the British Isles back in the day. The website noted, "And a pot pie must be made in a pot that is completely lined with crust. Originally, this crust was not eaten; it was there to keep the taste of the iron pot away from the food."

It was during the Elizabethan era, when cooks started to embellish the crusts with all sorts of adornments including leaves and flowers.

Let's not forget the most famous pot pie of nursery rhyme fame -- "four-and-twenty blackbirds baked in a pie."

The pot pie we know and love to eat is nothing more than a casserole caught up between two flaky crusts. Who can resist this?

There is nothing more comforting than a steamy pot pie on a chilly autumn evening.

Comfort Food Pot Pie

2 frozen pie crusts
1 box macaroni and cheese
1/4 cup milk
1/4 cup butter
19 ounce can chunky beef stew
1 cup shredded cheddar cheese
Preheat oven to 350 degrees. Thaw pie crusts 15 minutes. Make the macaroni and cheese according to box directions. While macaroni is cooking, heat soup in a saucepan. After thawing shells, press each carefully into an individual size oven-proof bowl or soufflé pan, smoothing it out and patching any cracks. Cut off excess around edges. Pour soup into pie shell. Carefully place spoonfuls of macaroni and cheese on top of pie, covering it evenly. Scatter cheddar cheese on top of the pie. Bake 35 minutes, or until cheese is melted and starting to brown.

Alfredo Pot Pie

1 box refrigerated pie crusts
3 cups vegetable blend (carrots, peas, green beans, potatoes)
3 cups cubed, cooked chicken
10 ounces Alfredo sauce
1 teaspoon dried thyme
Preheat oven to 375 degrees. Cook vegetables in a small amount of boiling water for 5 minutes. Drain, return to pot. Add chicken, Alfredo sauce, and thyme. Season with salt and pepper to taste. Lightly spray a 9-inch pie pan with cooking spray, (or use a casserole dish). Lay 1 pie crust in pan, spoon chicken and sauce into crust. Top with second pie crust, vent crust by making several slits in top with a sharp knife. Place pan on a foil-lined shallow baking pan. Bake uncovered in preheated oven for 20-30 minutes.

Veggie Pot Pie

3 medium zucchini, peeled, diced
3 medium carrots, peeled, diced
1 medium sweet potato, peeled, diced
3 tablespoons unsalted butter
2 cups sliced, fresh mushrooms
1 cup chopped leeks
3 tablespoons flour
2 cups vegetable or chicken broth
1/4 teaspoon dried thyme
1/4 teaspoon nutmeg
1/4 teaspoon pepper
1/4 teaspoon hot red pepper sauce

Drop Biscuits:

1 cup flour
2 teaspoons baking powder
1 teaspoon sugar
1/4 teaspoon salt
1/2 stick, cold, unsalted butter, cut in small pieces
1/2 cup milk (do not use skim)

Preheat oven to 400 degrees. Bring a large pot of salted water to a boil. Add parsnips, carrots, and sweet potato. Cook until vegetables are tender, about 10 minutes. Drain well.



Melt butter in a large skillet over medium heat. Add mushrooms and leeks. Sauté for 5 minutes or until tender. Stir in flour, gradually adding broth. Add thyme, nutmeg, 1/2 teaspoon each, salt, pepper, and hot sauce. Stir in drained vegetables. Spoon into a 10-inch deep baking dish. In a bowl, stir flour, baking powder, sugar, and salt. Cut in butter until mix is crumbly. Gradually add milk, stirring to form a batter. Drop heaping tablespoon of batter onto vegetable filling to form a crust. Bake for 18-20 minutes or until biscuits are golden brown.

Tot Pot Pie

1 16-ounce bag frozen mixed vegetables
1 can whole potatoes, cut in quarters
1 medium onion, diced
1 stalk celery, diced
1 can cream of mushroom soup
1 cup milk
1 package shredded cheese
1 pound lean hamburger, browned and fat drained
1 package Tater Tots
Mix all ingredients together except Tater Tots and cheese and pour into greased casserole dish. If you prefer a crispy crust, spread shredded cheese over mixture, then top with Tater Tots, covering entire casserole. Bake at 350 degrees for approximately 40-45 minutes until top is crispy or cheese is lightly browned and bubbly.

Cracker Crumb Pot Pie

Shell:
2 cups finely crushed favorite crackers
4 tablespoons melted butter
Bottom Crust:
2 cups flour
3/4 cup shortening
1 teaspoon salt
1/4 cup boiling water
1 teaspoon parsley flakes
Filling:
2 pounds chicken sliced into 1-inch cubes
1 bag frozen mixed vegetables
2 tablespoons olive oil
1 bottle beer
1 teaspoon poultry seasoning
1 and 1/2 teaspoons garlic powder
1 teaspoon basil
1 teaspoon dry onion soup mix
1 can condensed cream of potato soup
2/3 cup milk
1 teaspoon salt

Top Crust:

In a 4 x 9 dish, pour the melted butter into the casserole dish, sprinkle the cracker crumbs over the butter and mix well to saturate the crackers. Press down cracker mix to cover the bottom evenly. Place covered into fridge while preparing the chicken.

To cook the chicken, add the olive oil to a frying pan with the poultry seasoning, garlic powder, basil, onion soup mix and stir until well saturated with oil. Add chicken and brown lightly. Add the beer, cream of potato soup and milk when chicken looks golden brown. Add the frozen vegetables and turn down the heat to reduce the liquids for approximately 20 minutes. Remove from heat when liquid is thickened. Allow to cool to warm to the touch. For the top crust, add dry ingredients to hot water and milk. Cut shortening into flour and milk mixture with knife or fork. Form into ball (minimize touching with hands). Roll out dough between sheets of wax paper or plastic wrap to one-eighth-inch thin. Remove the casserole dish from the

fridge and add the chicken filling. Peel the plastic wrap off of one side of the crust, fold dough over the dish and remove the other sheet of plastic wrap. Pinch sides of dough into the inside edge of the dish with fingers. Use a knife to poke several vent holes in crust. Bake at 425 degrees for 20-25 minutes until crust is golden brown over a cookie sheet.

Squash Pot Pie

1 large zucchini
2 large yellow squash
8 ounces mushrooms
1 small onion
1 small bell pepper
1 cup mayonnaise
1 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon garlic powder
2 tablespoons Parmesan cheese
1 10-inch pie crust
2 tomatoes, sliced
1 pound mozzarella cheese, grated
Chop vegetables and saute in butter; drain. Add mayonnaise, salt, pepper, garlic powder and Parmesan cheese. Line deep dish pie pan with pie crust. Place sliced tomatoes over crust. Pour squash mixture over tomatoes, cover with grated cheese. Put pie crust on top, seal edges and make slits in top. Bake for 1 hour or until crust is done at 350 degrees.

Cornbread Pot Pie

1/4 cup butter
1 cup chopped onion
1 cup sliced celery
2 cups sliced mushrooms
3-6 tablespoons flour
1 and 1/4 cup chicken broth
1 cup milk
1 10-ounce pkg. frozen peas, thawed
1/2 teaspoon salt
1/4 teaspoon thyme
Water
1 cup sliced carrots
3 cups chopped cooked chicken
1 cup corn meal
1 cup all-purpose flour
3 teaspoons sugar
3 teaspoons baking powder
1 teaspoon salt
4 tablespoons butter
2/3 cup milk
1 egg
Preheat oven to 425 degrees. In a saucepan, melt butter; add onions and celery. Cook 2 minutes, add mushrooms and cook 3 minutes. Add 2 tablespoons flour, cook 1 minute. Slowly add milk and broth. Cook and stir until thickened. Add a little more flour if necessary. Add peas and seasoning; set aside. In 1 cup of water, cook the carrots 5 minutes, drain. Pour carrots, chicken and sauce into 12 x 8 inch baking dish. Crust: In a small bowl, combine dry ingredients with a pastry knife. Cut in butter until mixture resembles coarse crumbs. In a small bowl, combine milk and egg. Add dry ingredients. Stir until well moistened. Spread over chicken mixture. Bake 20-25 minutes or until bubbly.

Deep Sea Pot Pie

1 small pkg. frozen mixed vegetables
2 cups potatoes, diced
3 tablespoons onion, chopped
Milk
1/4 cup butter
1/4 cup flour
1 small can tuna fish

1 regular size can of peas

Cook vegetables, potatoes and onion until just tender in liquid from can of peas. Drain off liquid into measuring cup. Add oil or water from tuna and enough milk to make 2 cups of liquid in all. Melt butter; blend in flour and add liquid, stirring constantly until thickened. Pour over cooked vegetables. Add tuna, peas and season to taste. Put into 1.5 quart greased casserole. Cover with pie crust or biscuit dough. Bake in 425 degree oven until crust is done.

Ole Pot Pie

2 pounds hamburger
1 can chopped green chilies
1 can cream of mushroom soup
1/2 can water
1 pound grated sharp cheddar cheese
1 pkg. tortillas, quartered
Brown hamburger. Drain. In saucepan, combine soup, chilies and water. Heat. Layer baking dish with tortillas, hamburger, soup mixture, cheese. Make as many layers as you can. Bake at 350 degrees for 30 minutes.

Turkey Pot Pie

2 cups frozen broccoli, cauliflower, carrots, mixed
1 8-count tube crescent rolls
2 1/2 cups white sauce
2 cups chopped turkey
2 tablespoons Dijon mustard
2 teaspoons instant chicken bouillon
Thaw frozen vegetables in colander under hot running water. Drain well. Cut up large pieces. Separate crescent dough into 8 triangles. Cut each in half to yield 16. Set aside. Prepare white sauce. When it starts to boil, stir in vegetables, turkey, mustard and bouillon granules. Return to boiling, reduce heat. Cook and stir for 1 minute more. Transfer mixture into 12 x 7 1/2 x 2 inch baking dish. Arrange crescent dough on top. Bake at 375 degrees for 10 to 12 minutes or until triangles are golden.

Early Morning Pot Pie

3 tablespoons vegetable oil
1 bag (20 ounces) refrigerated shredded hash browns
1 cup shredded Swiss cheese
8 eggs
1 tablespoon chopped fresh chives
Salt, to taste
Pepper, to taste
1 and 1/2 cups cubed cooked ham
1 (3-ounce) pkg.) cream cheese, cut into small cubes
1 can 6-count refrigerated crescent rolls
Heat oven to 375 degrees. Spray 11 x 7-inch (2-quart) glass baking dish with cooking spray. In 12-inch skillet, heat 2 tablespoons of the oil over medium-high heat. Spread potatoes in skillet; cook until golden brown on bottom. Drizzle potatoes with 1 tablespoon oil. Cut into quarters; turn sections over. Cook until golden brown. Remove hash browns from skillet; arrange in bottom and around side of casserole. Sprinkle Swiss cheese over potatoes. In bowl, beat eggs. Stir in chives, salt, pepper and ham. Pour into same skillet. Cook and stir over medium heat until partially cooked. Stir in cream cheese; cook and stir until eggs are cooked but moist. Spread over Swiss cheese. Separate dough into 6 triangles. Starting at short side of each triangle, roll up halfway. Arrange over hot egg mixture with tips toward center; do not overlap. Bake 20 to 25 minutes or until crust is golden brown.

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