

Donald's chicken cups

This is both derivative of the barbecups I make as well as having essentially briefly seen them in a TV commercial for condensed cream of chicken soup. The recipe at the "Cook with Campbells Canada" www.cookwithcampbells.ca ("mini chicken pot pies") website was nice reference at the beginning.

The biscuit dough recipe does not double well; to make a double (or multiple) batch(es), it is best to make a new batch for each dozen. The filling recipe, however, does multiply.

Makes approximately 12

Biscuit cup (does NOT double well):

- 2 cups flour
- 1/2 cup shortening
- 4 teaspoons baking powder
- 1/4 teaspoon salt
- 2/3 cup milk
- 1 egg

Filling and topping (DOES double well):

- 1 small to medium chicken or turkey breast, about 250g
- Salt and pepper
- Olive (or other) oil -- optional if you roast in an oven (ie. counter top oven)
- 1 x 284mL (10oz) can of condensed cream of chicken (or mushroom) soup -- do not reconstitute
- 1 cup of mixed frozen vegetables
- Mozzarella cheese

Equipment

- Large skillet or electric frypan
- Stove or hotplate (not needed if using electric frypan)
- Measuring cup
- Measuring spoons
- Oven set to 425F
- 2 mixing bowls
- Forks
- Spoon
- Muffin baking tin(s), non-stick -- total of 12 regular sized muffin wells (not mini nor jumbo sized)
- Plastic fork to remove the chicken cups from the baking tin
- Chopping board
- Chopping knife
- Cheese grater (optional)
- Cooling racks
- Cookie sheet for freezing individually if the cooling racks can't go in the freezer
- Container, or zipper sandwich bags to freeze

Making the filling:

- Fry the chicken breast in salt and pepper and olive oil, or roast in oven, until cooked
- Coarsely chop chicken into small cubes when cooked
- Place chopped chicken in a mixing bowl
- Add mixed vegetables to the mixing bowl
- Add the condensed soup (do not reconstitute) to the mixing bowl
- Mix cooked chicken, mixed vegetables, and soup in a mixing bowl

Making the biscuit cups:

- Mix dry ingredients in the mixing bowl, including shortening

- Use a fork to break up the shortening into small balls the size of peas, while in the bowl with the other dry ingredients
- Mix in and blend the shortening with the rest of the dry ingredients
- Mix the egg and milk in the measuring cup
- Add liquid about 1/3 at a time to the dry ingredients, mixing the dough with the fork
- Pick up a golf ball sized amount of dough, and form the biscuit mix in the wells of the biscuit baking tin, pushing a well into the dough

Completing the chickencups:

- Fill the wells in the dough with the chicken and vegetable filling
- Cover each chickencup with mozzarella cheese -- I usually slice cheese off the block, but grated cheese works too
- Bake for 14-15 minutes in the oven at 425F on the top rack, until the cheese starts to brown; part way through, rotate the trays front to back for more even baking of the biscuit dough
- Remove the baking pan from the oven
- Remove the chickencups from the wells by gently rotating them in and removing them from the wells using a plastic fork, placing on a tray or cooling rack
- Serve hot

Freezing:

- Allow chickencups to cool on cookie / cooling racks
- Chickencups freeze well; after freezing on rack, place the chickencups in a container, or in zipper sandwich bags, and keep frozen