

### Donald's chicken pot pie

Makes 4 x 6"x6" oven proof (optionally also microwave safe) dishes plus about 4-6 x 4"diameter x 2" deep ramekins, oven proof (optionally also microwave safe)

#### Topping:

- 10 lbs potatoes, peeled -- put aside 4 potatoes
- 2 cups milk for mashed potatoes
- Large dollop of margarine
- 1 tsp salt

#### Filling:

- 4 large boneless and skinless chicken breasts
- Salt and pepper
- 4 onions -- cleaned and peeled
- 3 carrots -- cleaned
- Olive oil
- 3 cups of chicken stock
- 2 cups milk for filling
- 1 cup flour

#### Equipment:

- Large pot (at least 4 quarts)
- Large skillet or electric frypan
- Skillet for frying chicken breast
- Potato masher
- Stove
- Ovenproof casserole dishes equivalent to above. Microwave safe dishes help cut down on the warming up and browning part.

#### Making the dishes

##### Topping:

- Peel potatoes, putting them in water; save four to put aside for the filling
- Rinse potatoes
- Cover potatoes in water, bring to a boil
- Boil for 20 minutes
- Immediately drain potatoes; add milk, margarine and salt to taste, and mash until smooth
- Cover and put aside

##### Filling:

- Fry the chicken breasts in salt and pepper, occasionally turning; when cooked through (juices run clear), cut into cubes
- Clean and chop carrots and onions; cut potatoes into 1/2 inch cubes
- In a large frypan, such as an electric frypan, fry the onions, carrots and potatoes in olive oil
- Add the chicken stock, bring to a simmer, and maintain for 20 minutes
- After the 20 minutes, add cubed chicken to the vegetables
- Mix milk and flour in a bowl, completely mixing in the flour (this is important, you can't add the dry flour to the filling)
- Add the flour / milk mixture to the vegetables, thoroughly mixing; the liquid will thicken quickly; add salt and pepper to taste

##### Building the dishes:

- Spoon the vegetable / chicken / sauce mixture into the baking dishes; fill to about

half height

- Layer the still warm mashed potatoes on top of the vegetable / chicken / sauce mixture

Freezing

Put the casseroles in bags and freeze. I find that freezing first helps "marry" the ingredients better for later when being cooked.

Preparation to eat:

- Defrost completely
- Optionally reheat in the microwave
- Bake 30-60 minutes in oven at 350F
- Dish will be ready when the potato layer begins to brown; optionally, use broiler to brown the top