

## 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](http://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