

Chicken and Mushroom Pie with Shortcrust Pastry



Ingredients for Shortcrust Pastry:

200g Plain Flour
50g Block Butter
50g Lard / Trex
40ml Cold Water (approximately)
Pinch of Salt
Egg / Milk Wash for Glazing

Please bring an ovenproof pie dish to cook your pie in and some tinfoil to cover the dish at the end of the lesson

Ingredients for Filling:

250g Chicken Breast (To make this dish 'high skill' you will need to joint your own chicken)
250ml Milk
100g Mushrooms
3 Tablespoons Cream
1 Onion
1 Tablespoons Oil
1 Tablespoon Plain Flour
1 Chicken Stock Cube / Pod
Pinch Salt
Pinch Pepper

Method:

1. Preheat the oven to 180°C or Gas Mark 4.
2. Weigh and measure out all the ingredients accurately.
3. To make the shortcrust pastry:
 - Cut the butter and lard / trex into small pieces.
 - Put sieved flour, salt, butter and lard / trex in a large mixing bowl.
 - Rub fat into the flour with your fingertips until it resembles breadcrumbs.
 - Measure the cold water on the weighing scales.
 - Make a well in the middle of the breadcrumbs and add the water a little at a time, mixing with a round-bladed knife until it forms a dough.
 - Chill in the fridge for approximately 20 minutes.
4. Peel and cut the onion and mushrooms into even size pieces.
5. On a red chopping board, cut the chicken into small even size pieces.
6. Add the oil to a frying pan, add the chicken, onion and mushrooms and fry gently on a low heat for approximately 5 - 10 minutes, the chicken will turn from pink to white and the vegetables will soften.
7. Stir in the flour with a white plastic stirring spoon for 30 seconds.
8. Take the saucepan off the heat and place on a pan-stand
9. Slowly add in the milk a little at a time, stirring all the time. Stir in the chicken stock cube.
10. Return the saucepan to the heat and bring to the boil. Simmer gently for 10 minutes, stirring occasionally. Season with salt and pepper.
11. Remove the shortcrust pastry from the fridge, place on a lightly floured work surface. Roll the pastry to approximately 0.5cm thick, the pastry should be large enough to line the pie dish, save the remaining pastry for adding a top to the pie. Line with dish with the pastry, cover in greaseproof paper and add baking-beans / rice. Place the dish on a baking tray and blind-bake for 12-15 minutes.
12. Once the chicken mixture has finished cooking, remove the saucepan from the heat and place on a pan-stand. Stir in the cream.
13. Once the pastry has been blind-baked, transfer the chicken mixture to the ovenproof pie dish.
14. Roll the remaining shortcrust pastry large enough to cover the top of the pie.
15. Glaze with egg / milk wash.
16. Bake in the oven for 15 to 25 minutes until the pastry is golden brown. Use a food probe to check the core temperature of the pie reaches 75°C.

