

Chicken and Mushroom Pie with a Flaky Pastry Top



Ingredients for Flaky Pastry:

100g Plain Flour
38g Lard or Trex
37g Block Butter
1 Teaspoons Lemon Juice
50ml (approximately) Cold Water
Pinch Salt
Egg / Milk Wash for Glazing

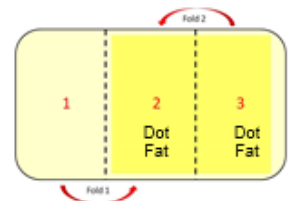
Please bring an ovenproof pie dish to
cook your pie in and some tinfoil to
cover the dish at the end of the lesson

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 200°C or Gas Mark 6.
2. Weigh and measure out all the ingredients accurately.
3. To make the flaky pastry:
 - Mix the butter and white fat together on a plate until soft. Divide the fat into four.
 - Sieve flour into a large bowl and rub in a $\frac{1}{4}$ fat, the mixture should resemble breadcrumbs.
 - Add the lemon juice and add in the cold water a little but at a time, using a round blended knife. The mixture should form a soft dough.
 - Knead and roll out into a rectangle shape.
 - Dot a quarter of the fat over the top $\frac{2}{3}$ rd's and fold the bottom $\frac{1}{3}$ rd up over the middle $\frac{1}{3}$ and seal the edges and fold the top $\frac{1}{3}$ rd over the middle $\frac{1}{3}$ rd and firmly seal the edges.
 - Quarter turn the pastry so the long seal is on the right.
 - Roll the pastry out until it is approximately 30cm's and repeat the dotting and folding steps twice more until all the fat is used. Then follow the same process of laying but without fat on two more occasions.
 - Chill the flaky pastry 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, 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 flaky 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 cover the top of the dish.
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. Transfer the chicken mixture to the ovenproof pie dish.
14. Place the flaky pastry top over the pie dish. Crimp the edges using a fork.
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.



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Method:

1. Preheat the oven to 200°C or Gas Mark 6.
2. Weigh and measure out all the ingredients accurately.
3. To make the flaky pastry:
 - Mix the butter and white fat together on a plate until soft. Divide the fat into four.
 - Sieve flour into a large bowl and rub in a ¼ fat, the mixture should resemble breadcrumbs.
 - Add the lemon juice and add in the cold water a little but at a time, using a round blended knife. The mixture should form a soft dough.
 - Knead and roll out into a rectangle shape.
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