

Chicken Pot Hand Pies

<http://userealbutter.com/2013/02/25/chicken-pot-hand-pies-recipe/>

adapted from [Fine Cooking](#)

3 lbs. chicken (a whole chicken or as I prefer dark meat, whole legs)
3 tbsps olive oil
salt to taste
freshly ground pepper to taste
2 cups potatoes, 1/2-inch dice (about 2-3 medium Yukon gold, peeled)
2 cups carrots, 1/2-inch dice (2-3 medium carrots, peeled)
1 medium onion, 1/4-inch dice
1 clove garlic, peeled and minced
8 crimini mushrooms, cut into eighths
2 tbsps chopped fresh herbs (I used parsley, rosemary, thyme); more to taste
1 cup lima beans (I used frozen organic, original recipe called for peas)

sauce

4 cups chicken stock (homemade or low-salt canned)
6 tbsps unsalted butter
6 tbsps flour
salt to taste
freshly ground pepper to taste

puff pastry

1 tbsp unsalted butter, softened (for greasing the ramekins)
you can make [a great homemade recipe](#)
or you can purchase 3 lbs. of puff pastry from the store (I like Dufour puff pastry)

egg wash

1 egg yolk, beaten
1/2 cup cream

Roast the chicken and vegetables: Heat the oven to 375°F. Rub the chicken with olive oil, salt, and pepper. Season under the skin with salt and pepper. If using a whole chicken, set it upside down in a large flameproof roasting pan. If using whole legs, arrange them in a single layer in a large flameproof roasting pan. In a large bowl, toss the potatoes, carrots, onion, garlic, mushrooms, herbs, and a dash of salt and pepper together. Spread the vegetables around the chicken in the roasting pan. Roast the chicken and vegetables for an hour and 15 minutes, giving the vegetables a stir every 15 minutes or so. Remove the chicken from the pan. Remove the vegetables with a slotted spoon to a bowl with the lima beans. **DO NOT WASH OR RINSE THE ROASTING PAN.** You want to keep the browned bits and the fat for the gravy sauce. When the chicken is cool enough to handle, strip the meat from the bones. Save the skin and bones if you are making your own chicken stock (I tossed mine into a pressure cooker with 8 cups of water, pressure-cooked on high for 30 minutes with natural release). Chop the meat into 1/2-inch chunks.

Make the sauce: If you have grease and juices in your roasting pan, separate the fat from the juices. Measure the fat and then add enough butter to total 6 tablespoons. Pour the juices in the broth. Place the roasting pan (with all of the browned bits and goodies) on the stove over medium heat. Melt the fats until bubbling. Add the flour at once and stir constantly to make a smooth roux. Keep stirring until the roux turns a golden brown (~ 5 minutes). Pour in the chicken stock and juices. Let it come to a boil, then reduce to a simmer, all the while stirring and scraping the bottom of the pan to release the flavorful fond (the browned bits). Cook for a good 20 minutes or until the sauce has reduced to a gravy consistency. Season with salt and pepper. Add more herbs to taste.

Make the hand pies: Heat oven to 425°F. Butter twelve 8-ounce ramekins. Roll the puff pastry out to 1/8-inch thickness. Line each ramekin with a single layer of puff pastry dough, up to the rim. Gently press the pastry dough together to seal seams or cover holes so that the entire ramekin is completely lined. Cut out 12 circles of puff pastry dough just slightly larger than the diameter of the top of the ramekin. In a large bowl, mix the chicken, vegetables, and sauce together. Spoon the filling into each ramekin until even with the lip. Set one circle of dough on each ramekin and press the edges of the dough circle together with the lining pastry to form a tight seal. Pinch the edges, fold over and pinch again (just to prevent leakage). Using a sharp knife, cut slits in the tops of each pie to release steam during baking. Mix the egg yolk and cream together, then brush the egg wash over each pie. Bake for 30 minutes or until the tops are deep golden in color and puffed up.

Remove from heat and let cool. Carefully run a sharp knife along the edge of each pie to ensure proper release from the ramekins. They should come out easily. Makes 12.