

PIE

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BC FARMER'S MARKETS
VIRTUAL CONFERENCE

FEB 1-19, 2021
#BCAFM2021

Join us at the *BCAFM Virtual Conference* for:

Pie Making

Saturday Feb. 13th, 2pm - 3pm PST



Chicken, Butternut Squash and Apple Pot Pie

Award winning pie maker, [Karen Curtis](#) will lead us through this fun and interactive pie making session, teaching us how to make the perfect crust with a delicious, savoury filling. This pie can be made vegan (substitutes are in brackets below)!

Pie Crust

Ingredients

- 2 cups flour
- $\frac{3}{4}$ tsp. salt
- 1 cup cold solid fat (*lard works best, but butter or shortening works great too*)
- 2-3 tbsp. cold water

Method

1. Combine flour and salt in a large bowl. Add fat with a pastry blender until mixture is uniform and looks like peas. Add the water, 1 tsp. at a time, and mix together. Divide the dough in half and shape into a ball.
2. Flatten into a disk, cover in plastic wrap and place in the fridge for 15 mins.
3. Lightly flour your counter. Remove dough from the fridge and roll each disk out into a circle about 1 inch bigger than the pie plate.
4. This makes enough dough for 1 covered pie or 2 uncovered pies.

Pie Filling

Ingredients

- 4 tbsp. olive oil
- 8-10 boneless & skinless chicken thighs, cut into bite size pieces (Stapleton's pork and apple sausage instead of chicken is a great substitute, you could also use plant based chick'n or 2 tins of chickpeas)
- ½ large onion, diced
- 1 leek, sliced, white part only - save the green part for stock
- 2-3 garlic cloves, minced
- 2-3 tbsp. flour
- 2-3 cups chicken stock (vegetable stock)
- 3 cups cubed butternut squash
- 1 tart apple, peeled, cored and diced
- Optional: 2 tbsp. AJI Gourmet products mild chunky chili sauce
- ½ tsp. Bowen Island Herb Salt, original blend or plain salt
- 1 tsp. fresh thyme
- 1 tsp. fresh rosemary
- Salt and pepper
- Pie crust for a double crust pie
- 1 egg, lightly beaten (or plant based milk)

Method

1. Preheat oven to 375 degrees. Line a pie plate with the bottom crust, trim to fit, leaving a generous edge. Prick all over with a fork. Cover with foil and fill with dried beans or pie weights. Bake for 5-10 mins. (check after 5), then remove from oven and set aside. Turn oven temperature up to 400 degrees.
2. In a large saucepan, heat oil over medium high heat. Add chicken, season with salt and pepper, and cook, stirring frequently, until chicken is cooked through. (Skip this step if using plant based/chick peas). Remove chicken, put on a plate, and add onions, leeks and garlic to saucepan. Saute for 4-5 mins. until onions are translucent and just beginning to brown. Add flour and stir to coat vegetables. Slowly add stock, stirring constantly to avoid sticking to the bottom of the pot. Cook for 6-7 mins.
3. Add remaining ingredients (or add the plant based/chick peas) and simmer, stirring frequently, for another 5 mins. or so. Season to taste.
4. Pour filling into prepared pie crust. Cover with top crust, crimp edges together and trim. Press top and bottom crust together with a fork all around the edge. Brush top of pie with the beaten egg (or plant based milk). Place in oven and bake for 40-45 minutes, until golden brown. You can cover the edges of the pie with a foil ring if they are starting to brown too quickly.
5. Remove from oven and let rest for 10 minutes before serving.