



Vegetable Pot Pie Recipe

A “make it your way” dish prepared by Chef Jamie Simpson

- 2 -1/2 cups diced vegetables (Use your favorites)
- 1 cup onion diced
- 1/3 cup butter or olive oil
- 1/3 cup all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1-3/4 cup chicken stock
- 2/3 cup plant-based milk
- 1 cup frozen peas, if desired
- 1 sheet of puff pastry cut to fit the top of the baking vessel
- 1 whole egg mixed with 1 Tablespoon water
- Sesame seeds as desired
- Garnish:** Celery leaves as desired

- Preheat oven to 375 ° F.
- In a medium-sized sauce pot, sauté vegetables and onions with the melted butter or olive oil, taking care not to brown them. Add the flour, salt, and black pepper to the pot. Stir to evenly distribute the flour throughout the vegetables. Remove the pot from the heat and add the chicken stock and milk. Bring the ingredients up to a boil, stirring frequently. Don't let the bottom of the pan scorch or stick. Stir in frozen peas if desired.
- Transfer the filling to an oven-safe container (this can be coffee cups, ramekins, soufflé cups, cereal bowls, whatever you have). Drape the pastry over the filling and edges of the cup, trimming as needed. Brush the top of the dough with a single egg whisked with a touch of water. This will produce a dark, rich, glossy finished crust. Sprinkle the top of crust with sesame seeds as desired.
- Bake at 375 ° F. for about 30 minutes until pastry is cooked and filling is hot. Allow to cool for a few minutes at room temperature before serving. Serves: about 2

Cook's Note: We doubled the recipe and used carrots, celery, peas, with-skins-on potatoes, celery, onions, and added a clove of garlic with some of our favorite herbs. We made two pies, using two round bowls with puff pastry crusts, which required two puff pastry sheets since it needed more than one sheet. The next day, we made another 9-inch pie with our leftover filling using a standard pie crust. We also added some cooked chicken pieces to the second pie we made. Nothing like Great Leftovers. Yum!

Recipe by: Chef Jamie Simpson, Executive Chef at The Culinary Vegetable Institute See: <https://www.culinaryvegetableinstitute.com/post/rustic-homemade-vegetable-pot-pie-is-rich-in-history-and-flavor>

About the Recipe: According to Jamie, pot pie is a dish that has stick-to-your-ribs goodness, velvety gravy, and the tantalizing aroma of meat and vegetables, nestled inside a tender buttery pastry. It is a comfort dish that's made from a short list of ingredients you just happen to have on hand in your kitchen or pantry. Many different cultures boast their own unique version of the pot pie.