

NUTRITION: Lazza's Kitchen Adventure

Chicken and Mushroom Pie

A NEW Recipe from Lazza's Kitchen.
Lazza made his first Chicken and Mushroom Pie from scratch

Chicken and mushroom pie is a common British pie, ranked as one of the most popular types of savoury pie in Great Britain and often served in restaurants. It is also very popular in South Africa.

Variations on the theme can use nutmeg or spring onion as part of the creamy filling. I used some Bacon, and added a couple of extra herb seasonings.

Ingredients

3 large chicken breasts (can use 6/8 thighs)
8 rashers smoked bacon.
1 Onion: 250g baby mushrooms
Parsley / Basil / Thyme
2 tablespoon plain flour
400ml chicken stock
200ml milk
Puff Pastry to cover pie (shop bought)
1 beaten egg yolk

Heat some oil in the pan and add the diced chicken till golden brown
Remove chicken from pan and add the chopped bacon for around 5 minutes.
Add the onion and mushrooms, with some parsley, basil, and thyme.
Cook for five minutes till onion starting to brown.
Tip flour into pan and stir for one minute, then take off heat.
With the pan off the heat, gradually stir or whisk in the chicken stock, followed by the milk, then add the chicken back to the pan.
Bring to the boil, and simmer for 30 minutes - no need for salt/pepper.
Pour mixture into your pie dish and leave to cool.
Roll out your pastry and add to top of pie dish - try not to have pastry touching the mixture too much, as this can delay cooking of the pastry.
Heat oven to 200C. Brush egg yolk over top of pastry and cook for around 30 minutes.
Remove from oven when top is golden brown and filling bubbling.
Tastes divine. The chicken stock and bacon means there is enough salt in the filling.
Enjoy with some green vegetables.



During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking. Why not try out some new recipes and foods yourself? More on HMHB recipe pages: www.hmhb2016.org.uk This was a great and very tasty meal to prepare.