

January 27, 2016

Comfort Foods

According to the calendar, spring is only a few short months away, but when you are living it, winter seems like an eternity. Cozy up to these simple comfort food recipes to get you through these cold days and dark nights.

Our Chicken Pot Pie with Harvest Vegetables is filled with root vegetables like butternut squash, celery root and parsnip, giving it a unique, hearty flavour. Using frozen puff pastry really makes this as easy as pie – perfect for a weeknight supper or a last-minute get-together.

Our Classic Scalloped Potatoes are the perfect side dish, made extra decadent with layers of cheddar cheese in between the rich, buttery béchamel. If you like, you can swap in your favourite melty cheese, like Gruyère or Gouda. A mandoline can make quick work of the potatoes and onions; if you don't have one, a sharp knife will be just fine. Stay warm!

CHICKEN POT PIE WITH HARVEST VEGETABLES

Ingredients:

1 tbsp canola oil
1 lb (0.5 kg) boneless skinless chicken thighs, cut into 1/2 inch cubes
1/2 cup diced onion
2 cloves garlic, finely chopped
1 cup cubed peeled butternut squash (1/2 inch)
1 cup cubed peeled celery root (1/2 inch)
1 cup cubed peeled parsnip (1/2 inch)
1 bay leaf
1/2 cup dry white wine
1 tbsp salted butter
3 tbsp all-purpose flour
1/2 cup no-salt-added chicken broth
2 cups homogenized milk



1/2 cup frozen green peas
2 tbsp chopped fresh parsley
2 tsp chopped fresh oregano
2 tsp chopped fresh thyme
1 tsp salt
1/2 tsp freshly ground pepper
1/2 pkg frozen puff pastry, thawed
1 large egg
1 tsp water

Method:

1. Preheat oven to 325°F.
2. Heat oil in a Dutch oven over medium heat. Add chicken and sauté until cooked through.
3. Transfer chicken to a plate; set aside.
4. Add onion to Dutch oven and sauté over medium heat until softened, about 2 minutes.
5. Add garlic and sauté for 1 minute.
6. Add squash, celery root, parsnip and bay leaf; sauté for 10 minutes.
7. Add wine and cook, stirring, until wine is almost evaporated. Add butter and flour; cook, stirring, for 2 minutes.
8. Add broth and cook, stirring, until thickened. Add milk, 1/2 cup at a time, cooking and stirring constantly until thickened. Remove from heat; remove and discard bay leaf.
9. Return chicken to Dutch oven. Add peas, parsley, oregano, thyme, salt and pepper; stir to combine. Spoon chicken mixture into a greased 9x13 inch baking dish.
10. On a lightly floured surface, roll out pastry to fit baking dish. Place on top of chicken mixture.
11. Whisk together egg and water until blended. Brush pastry with egg mixture. Cut vents in pastry to allow steam to escape.
12. Bake until chicken mixture is bubbly and pastry is golden brown, about 50 - 55 minutes.
13. Let stand for 10 minutes before serving. Serves 8.

Cook's Note: ATCO Blue Flame Kitchen used half of a 397 g package of Tenderflake Puff Pastry in this recipe.



CLASSIC SCALLOPED POTATOES

Ingredients:

10 cups thinly sliced peeled russet potatoes (1/4 inch)
2 cups thinly sliced onions
1/2 cup salted butter
1/2 cup all-purpose flour
4 cups milk (2%)
1 tsp salt
1/4 tsp freshly ground pepper
2 cups shredded cheddar cheese

Method:

1. Cook potatoes and onions in batches in boiling salted water until potatoes are almost tender; drain. Meanwhile, to prepare sauce, melt butter in a medium saucepan over medium heat. Add flour and cook, stirring, for 1 minute.
2. Gradually whisk in milk. Stir in salt and pepper; cook, stirring frequently, until thickened, about 8 minutes. Remove from heat.
3. Place half of potato mixture in a greased 9x13 inch baking dish. Pour half of sauce over potato mixture.
4. Repeat layering with remaining potato mixture and sauce. May be prepared to this point and refrigerated for up to 24 hours.
5. Remove baking dish from refrigerator and let stand for 20 - 30 minutes. Meanwhile, preheat oven to 350°F. Sprinkle sauce layer with cheese.
6. Bake, uncovered, for 45 - 50 minutes or until potatoes are tender, sauce is bubbly and mixture is heated through. Serves 10.