

Chicken Pot Pie (Amish Style)

Chicken Pot Pie (Amish Style)



Serves 6 – I take the finished recipe and weigh it out and then divide by 6. Yes, it is higher in points, but it is a family favorite, and I plan my day to fit it in!

Blue – 13 points

Purple – 13 points

Green – 15 points

- 4 large bone in, skin on chicken breasts
- 1 large onion (peeled and cut in half)
- 3 carrots cut into large pieces
- 3 stalks of celery (cut into large pieces)
- Kosher salt (to taste)
- Pepper (to taste)
- 3 chicken bouillon cubes
- 3 cups cake flour
- 3/4 tsp baking soda
- 3/4 tsp salt
- 4 1/2 Tbsp vegetable shortening
- 1 cup 1 % milk
- 2 Tbsp cornstarch
- 2 Tbsp warm water

1. Place the chicken, onions, celery, carrots and bouillon on a large stock pot and cover with water.
2. Bring to a boil, then reduce heat so water maintains a

gentle simmer.

3. Cook chicken for 1 hour or until cooked through.
4. While the chicken is cooking you can skip to making the noodles.
5. Once the chicken is done, remove from bone and spread into medium pieces-discard bones and skin.
6. Pour chicken broth through a fine mesh sieve (May line with cheesecloth or a coffee filter if you like, I don't). Reserve 6-8 cups of broth. If you don't have enough broth, add some canned chicken broth.
7. Mix flour, baking soda and salt together in a bowl. Cut shortening into flour mixture with your fingertips until it resembles small peas.
8. Add milk-a 1/4 cup at a time, you probably won't need the whole cup-and stir until a ball of dough just begins to form, be careful not to over mix.
9. Roll out dough onto a floured surface that you don't mind cutting on. Roll 1/4 inch thick.
10. Using a pizza cutter or sharp knife cut dough into rectangles about 1 inch wide by 3 inches long. Place strips on wax paper and allow to dry a bit, at least 30 minutes or several hours.
11. In a large pot over medium low heat, bring broth to a gentle simmer and drop in noodles.
12. Cover and let cook 8-10 minutes. Reduce heat to low and add chicken. Allow to cook until thickened, about 20-30 minutes. If you want your broth thicker, mix cornstarch and water together, bring broth to a boil and add in cornstarch mixture. Reduce heat to a simmer, let thicken. Season generously with salt and pepper.