

Snowy Day Potpie

1 $\frac{3}{4}$ cups all purpose flour, divided
1 $\frac{3}{4}$ teaspoon salt, divided
12 tablespoons butter or margarine, divided
2 tablespoons vegetable shortening
2-3 tablespoons ice water
1 large onion, chopped
1 clove garlic, minced
1 teaspoon dried thyme
 $\frac{1}{2}$ teaspoon pepper
1 cup chicken broth or 1 bouillon cube combined with 1 cup warm water
1 cup milk
2 $\frac{1}{2}$ cups cooked, cubed chicken, beef, lamb, pork or 2 cans (6 ounces each) tuna, drained
2 packages (10 ounces each) frozen mixed vegetables, thawed
1 can (15 ounce) potatoes, drained and cubed
1 egg yolk

Combine 1 $\frac{1}{2}$ cups flour with $\frac{3}{4}$ teaspoon salt. With pastry blender or two knives cut in 6 tablespoons butter and shortening until mixture resembles coarse meal. Stir in ice water, 1 tablespoon at a time, until dough just holds together. Shape into disk; wrap and refrigerate while making filling. Preheat oven to 375 degrees. In skillet melt remaining butter over low heat. Add onion, garlic, thyme and pepper; cook until onion softens, about 8 minutes. Sprinkle remaining flour over onion mixture. Cook, stirring constantly, until well combined; about 1 minute. Stir in broth and milk. Increase heat to high; cook, stirring occasionally, until sauce begins to thicken, about 5 minutes. In 9 inch pie pan combine sauce, chicken, vegetables and potatoes. On lightly floured surface roll out dough into 11 inch circle. Fold dough in half; cut vents in edge and place over chicken mixture. Unfold dough. Trim edges, fold under and flute, reserving scraps. Cut decorations from scraps. Brush one side of each decoration with water. Arrange, moist side down, on top of pie. Combine yolk with 1

tablespoon water; brush some of mixture over dough. Place pie on large baking sheet in oven. Bake until filling is bubbling and crust is golden, about 1 hour, 25 minutes. Cool at least 30 minutes before cutting.

Quick Tip: refrigerated pie dough or dropped biscuits from a baking mix make a great substitute for the made from scratch crust on this pie.

Makes 8 servings: Per serving: 465 calories, 20 g protein; 26 g fat; 117 mg cholesterol; 39 g carbohydrates; 860 mg sodium.

Note: Calories, fat and cholesterol can be lowered by using 1% or skim milk in the recipe.