



Chicken Stew with Puff Pastry

Serves 4-6

1 medium onion diced
1 clove garlic diced
2 carrots peeled and cut into bite-sized pieces
1 stalk celery diced
1 lb. potatoes peeled and cut into bite-sized pieces
1/4 tsp thyme
1 lb chicken breast or boneless thighs(skin removed) cut into bite-sized pieces
1 pint chicken stock
1/2 stick butter
4 oz. flour
salt and pepper to taste
1 sheet puff pastry dough(available at local grocers in freezer section)
2 tbsp vegetable oil
1 egg beaten

Method

In large sauce pan or pot, add vegetable oil, carrots, celery, onions, thyme, chicken pieces, and garlic. Cook ingredients until vegetables are tender. Add chicken stock and simmer for 20 minutes. In separate pan, melt butter and stir in flour on low heat until smooth paste is formed. Add to stew mixture a little at a time until the desired thickness is achieved. Add potatoes and cover until potatoes are tender. Remove from heat and let cool. Place stew into individual crocks and cover each with puff pastry sheets, securing edges as one would a pie crust. Make a slit to let steam escape in the top of each sheet. Brush pastry with beaten egg to make crust shiny. Bake at 350 degrees until puff pastry is golden brown.

Recipe by Tom Alicandro, Instructor

School of Hotel, Culinary Arts and Tourism, Schenectady County Community College