



**Week 10 Contents:**

- 1 pint maple syrup
- 1.5 lbs whole wheat flour
- 1 lb breakfast sausage links
- 1 lb granola
- 1 package frozen veg
- 1 package frozen turkey stock parts OR smoked ham hock
- 1 package chicken patties
- 1 lb carrots
- 5 lbs white kennebec potatoes
- Quarter peck apples (green=granny smith, red = cameo)

These chicken recipes from Parker will all work great with the turkey that you are getting in your bag this week.

**CHICKEN POT PIE**

- 2 leg-thigh pieces
- 2 cups peeled, chopped carrots, thick slices
- 1 cup chopped celery, 1/2 inch pieces
- 2 cups chopped onions
- 1 cup rich chicken stock
- 2 tsp dried thyme
- 1 bay leaf
- salt and pepper

Place the vegetables and chicken stock in a heavy bottom pan. Add the thyme and bay leaf. Bring to the boil and then lower heat to medium low. Put the chicken into the pan so that it rests on the bottom of the pan with the vegetables surrounding. Add enough water to cover the chicken pieces. Cover with a lid and poach in a 350 degree oven until the meat falls easily from the bone—about 1 hour.

When the chicken is cooked, remove the pan from the oven. Take the chicken from the pan and put aside to cool. Strain the vegetables from the broth. Measure the broth. For each 1 1/2 to 2 cups of broth, you will use 2-2 1/2 TBS of flour to thicken the “sauce.”

Place the flour in a bowl. Slowly whisk in some broth. Whisk to eliminate any lumps. Return the broth to the pan. Add the vegetables back into the broth with the flour mixture. Cook over medium high heat until the “sauce” is thickened. Season well with salt and pepper and set aside.

Remove skin from the chicken and the meat from the bones and cut into 1 inch

pieces. Add to the vegetables and “sauce.” You can make the dish to this point the day before.

When you are ready to bake the pot pie, fill the pie dish with the chicken-vegetable mixture. Cover it with a round of your favorite pie pastry. Pinch the edges of the pastry against the rim of the pie plate. Bake in a 450 degree oven for 10 minutes. Lower the heat to 350. Total baking time will be about 40 minutes.

**Lard Crust for Pies**

*I prefer pie crusts made with lard for these kinds of dishes. The following recipe is from Cooking From Quilt Country by Marsha Adams.*

- 1 cup lard
- 1/2 cup hot water
- 3 cups flour
- 1 tsp salt

Measure the lard and place it in a metal bowl in a warm spot. Choose a mixing bowl that will accommodate the three cups of flour. Let the lard soften and nearly melt.

When the lard has nearly melted, take 1/2 cup from a pan of boiling water and pour it over the lard. Let the water and lard mixture cool. Stir from time to time.

Measure the flour and add the salt to it. Add the flour and salt to the mixing bowl with the lard and water. Stir with a fork. When the liquid was been absorbed by the flour change from a fork to a rubber spatula and continue to press the dough together. Form into a ball, wrap in plastic and refrigerate for three or four hours or preferably overnight.

You will need only about a third of the dough to cover a 9 inch pie dish.

Heat the oven to 450 degrees. Place the pie in the middle of the oven. Put a tray or some foil on the rack below in case the pie bubbles over.

After 10 minutes, reduce the heat to 350. Bake for an additional 30 to 40 minutes. The top should be colored slightly and appear dry and flakey.

**Dumplings**

Every cuisine or culture makes some type of dumplings. Some are dense and heavy others are light and airy. They are stuffed, plain, large or small. Dumplings can be sweet or savory.

Ingredients include some or all of these ingredients: flour, baking powder, yeast, eggs, milk, salt, herbs and mashed potatoes or even cream.

You can use the same chicken preparation for the pot pie in this traditional Chicken and Dumpling recipe. Do not thicken the broth with flour as directed for the pot pie.

*This is a traditional American style dumpling recipe.*

- 1 cup flour
- 1 1/2 tsp baking powder
- 1 tsp salt
- 1 TBS butter, cold
- 1 egg beaten
- 6 TBS milk
- 2 TBS minced fresh parsley, fresh sage or dried thyme (optional)

Combine flour, baking powder and salt in a bowl. Cut in the butter with a pastry blender or quickly with the tips of your fingers. When this mixture resembles coarse meal add egg, milk and parsley. Blend but do not over mix.

Drop tablespoon sized dumplings on the simmering stew you have prepared. Cover the pot tightly and simmer on medium low for 20 minutes. Do not lift the lid during this cooking time.

Serve the dumplings with the stew or soup in which they were poached. This recipe makes six large dumplings or ten to 12 small dumplings.

Most recipes for chicken pot pie or chicken and dumplings suggest the addition of frozen green peas.

**FLOUR**

Rather than use refined white flour, I have tried using the all purpose and whole wheat flour from Stutzman Farms. I use 2/3 all purpose with 1/3 whole wheat. The crust has a little more texture and a fit of flavor—a nutty quality like cereal. This combination could be used for both the pot pie crust and the dumplings.