

Chicken Pot Pie

Oven temp: 400	Cook time (min): 45 min	Makes: 2 servings
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1 pkg Prepared Pie Crust: line a round baking dish with 1 roll of the pie crust. Use 2nd roll to cover the pie, crimp outer edges.

Chicken Pot Pie Filling:

- ¼ c unsalted butter
- 1/3 c diced onion
- 2 medium carrots, sliced (about 1 cup)
- 1 stalk celery, sliced (about 1/2 cup)
- 2 cloves garlic, minced
- 1/3 c flour
- 1 ½ t fresh thyme
- 1 T minced fresh Italian parsley
- 1 t salt
- ½ t black pepper
- 1 ¾ cups chicken broth
- ½ c heavy cream

Heat butter in medium-high, in a large skillet. Add onions, carrots, celery, & garlic, cook til tender, stirring occasionally.

Whisk in flour, salt, pepper, thyme, parsley, chicken broth, & heavy cream.

Whisk til no flour lumps then simmer over medium low heat for 10 minutes, or til sauce has thickened.

Stir in the shredded chicken.

Remove from heat & set aside.

Fill pie crust, trim edges. Cover with second crust & trim.


Crimp edges with fingers or fork. Make several slices.

With pastry brush, brush crust & edges with beaten egg.

Bake til crust is golden brown.

From: **Karen Fusco** (Fitchburg)

Cut just outside green dashed lines to get 4x6 card.



Ecuadorian Ceviche

Oven temp: 0	Cook time (min): 0	Makes: 6 servings
prep time:	total time:	serves:

Directions:

Cook the shrimp until they turn red (you can also buy frozen if that is easier).

Clean & devein them. (If you buy raw you may want to try cooking them in beer, it gives an amazing taste).

Mix all the ingredients in a large bowl, add shrimp. The lime juice should cover all shrimp.

let sit for at least 2 hours

overnight is much better

Serve with

slices of avocado,

popcorn, plantain chips, &

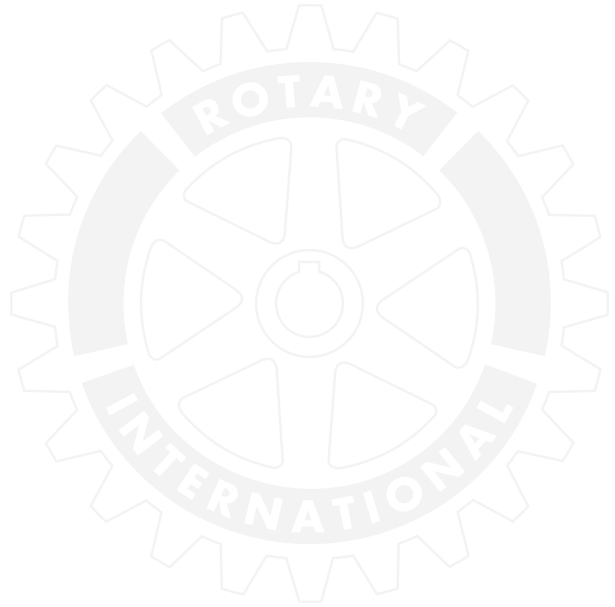
lots of bread for the juice.

From: **Dick Manelis** (Framingham)

- 2 lbs shrimp
- 2 red onions, sliced very thinly
- 4 tomatoes, sliced very thinly or diced
- 10-15 limes, freshly squeezed or bottled lime juice
- juice of 1 orange
- it cuts the acidity of the limes
- ½ c of ketchup to taste, also cuts the acidity
- 1 bunch of cilantro, chopped very finely
- Salt & pepper
- about 2 T. olive oil
- Optional - 1 T. Dijon mustard &

Top

Type



Bottom

Type

