DietCloud – Recipe

Recipe Name: Vegetarian Pot Pie Recipe

Diet Type:

Course: Dinner

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 1 1/2 cups Whole Wheat Flour	4
• 1/2 cup All Purpose Flour (Maida)	
• 100 grams Butter - cold	
• 1/2 teaspoon Salt	
• 3 tablespoons Chilled water	
• 1 teaspoon Fresh Thyme leaves - crushed	
• 1 teaspoon Parsley leaves - chopped	
• 2 Carrots (Gajjar) - diced	
• 10 Green beans (French Beans) - ends removed and cut into 1" pieces	
• 1/4 cup Green peas (Matar)	
• 1/4 cup Corn Kernels	
• 7 Button mushrooms - sliced	
• 1 Onion - chopped	
• 3 cloves Garlic - crushed	
• 1/2 cup Broccoli - or cauliflower florets	
• 1 Red Bell pepper (Capsicum) - chopped	
• 1 Yellow Bell Pepper (Capsicum) - chopped	
• 1 Potato (Aloo) - diced (or sweet potato)	
• 3 tablespoon Whole Wheat Flour	
• 1 1/2 cups Vegetable stock	
• 2 Bay leaves (tej patta)	
• 3 tablespoon Worcestershire sauce - (optional)	
• 1 tablespoon Tabasco Original - Hot Sauce - 3/4 teaspoon red chilli powder	
• 1/2 cup Fresh cream - (or milk)	
• 2 teaspoon Butter	
• 2 teaspoon Sunflower Oil	
• 3 sprig Fresh Thyme leaves - chopped	

- 3 sprig Parsley leaves - chopped
- Salt - to taste
- Whole Egg - whisked

Preparation

• To begin making the Vegetarian Pot Pies, first make the crust.

• Using your finger tips, rub the butter into the flour so it breaks down and the flour resembles resembles bread crumbs.
• Next, add ice cold water, 1 tablespoon at a time, and bring the dough together, gradually till the mixture comes together to form a ball.
• Do not knead the dough, it should just come together and hold shape.
• Flatten the dough into a small disc, wrap it in plastic wrap and refrigerate for 30 minutes.
• Meanwhile, proceed to make the filling.
• To do this, place a wok on the heat.
• Melt the butter in the wok along with a dash of oil.

• Next, add the bay leaves, carrots, green beans, green peas and potatoes.
• Sprinkle some salt and cook for a 3-4 minutes, stirring once or twice in between.
• Add the other vegetables next and mix together.
• Then, sprinkle the whole wheat flour on the vegetables and stir in the vegetable stock and the cream.
• Mix well so it turns glossy.
• Add the Worcestershire sauce (if using) and the hot sauce (or the red chilli powder).
• At this stage you can check the salt and spice levels and adjust according to your taste.
• Cook the mix together for a few more minutes.
• Then take it off the heat and add the herbs.
• To assemble the Vegetarian Pot Pies first of all, pre-heat the oven to 190 degrees celsius.

• If you are making individual servings, use small ramekins.
• Fill the choice of your bakeware with the vegetable filling, right to the top.
• Then, take the dough out of the dough and place it on a well-floured work surface.
• Gently, but swiftly roll it out to a large piece of about 1/4" thickness.
• If using a large baking dish, carefully drape it over the dish to cover the filling.
• Allow it to hang over the sides.
• Trip off the excess dough, leaving a margin overhanging, which you can pinch/crimp to make a pretty edge.
• If you are using individual ramekins, cut the large piece of dough into smaller pieces and drape them over the ramekins and seal, the same way.
• Using a sharp knife, make small slits on the top of the crust, to allow the steam to escape when it will bake.
• Brush the tops of the Pot Pie with whisked egg or milk and place the baking dish or ramekins on a baking sheet/tray (since the liquid may bubble from the edges and spill) and into the oven to bake for 35-40 minutes.
• Bake until the crust is golden brown.
• Remove the pot pies from the oven.

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- Serve the Vegetarian Pot Pie hot along with Garlic Bread for a dinner party.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)