

Turkey Pot Pie with Crunchy Topping - Type AB (NS)

Filling:

- 2 teaspoons olive oil
- 1 cup frozen pearl onions, thawed
- 1 cup carrots, diced
- 1 cup frozen sweet peas, thawed
- 1 cup fresh or frozen okra (thawed if frozen)
- 2 tablespoons oat flour
- 3¼ cups turkey stock
- 1½ pounds roasted turkey breast, shredded
- ¼ teaspoon saffron threads
- ½ teaspoon dry mustard

Topping:

- ½ cup bread crumbs
- 2 tablespoons sesame seeds
- 2 teaspoons ghee, melted
- 1 teaspoon olive oil
- Spelt or whole-wheat

Crust:

- Store-bought crust (containing allowable grains)

Bread Crumbs:

- 4 slices of Spelt or Oat bread

Toast slices of bread and let cool. Pulse cooled toast in a food processor to form coarse crumbs. To add flavor, add dried herbs such as parsley, rosemary, thyme, sage, and/or basil.

Directions:

1. Preheat oven to 375 degrees.
2. Heat olive oil in a Dutch oven over medium heat and saute onion, carrots, peas, and okra for 5 minutes. Sprinkle flour over vegetables, and add broth, stirring to prevent lumps. Add roasted turkey, saffron, and ground mustard, stirring to combine. Cover and let cook 15 minutes, stirring occasionally.
3. Heat olive oil in a large skillet over medium heat. Add Jerusalem artichokes, and saute 3 to 4 minutes. Remove and toss with bread crumbs and sesame seeds. Drizzle with melted ghee.
4. Uncover turkey filling, and top with artichoke mixture. Place in the oven for 20 minutes, until pot pie is bubbling and topping is browned and crispy.
5. Serve warm.

TIP: I use leftover roasted turkey for this recipe, but if you're roasting from scratch, place a bone-in, skin-on turkey breast on a rack in a roasting pan. Top with your favorite fresh, chopped herbs and bake for 1½ to 2 hours, until the internal temperature reaches 165 degrees.