

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

Filling:

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

Topping:

- 1 teaspoon olive oil
- 2 cups bread crumbs
- 2 teaspoons ghee, melted
- Sea salt, to taste

Crust:

- Spelt or whole-wheat store-bought crust (containing allowable grains)

Bread Crumbs:

- 4 slices of Brown rice/Millet or Spelt 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. In a Dutch oven, heat 2 teaspoons olive oil over medium heat. Sauté onions, carrots, peas, and parsnips for 5 minutes until vegetables just begin to soften. Sprinkle flour over vegetables and add stock, stirring to prevent lumps. Add roasted turkey, saffron, and dry mustard, stirring to combine. Cover and let cook 15 minutes, stirring occasionally.
3. In the meantime, sauté bread crumbs in 1 teaspoon olive oil and ghee for 3 to 4 minutes. Remove and toss bread crumbs with sea salt, to taste.
4. Uncover turkey filling, spoon into spelt crust, and top with toasted bread crumbs. Place in the oven for 20 minutes. The crust will be browned around the edges and the turkey mixture should be hot and bubbling.
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.