

Chicken Pot Pie with Crunchy Topping - Type O (NS)

Filling:

- 2 teaspoons olive oil
- 1 cup frozen pearl onions, thawed
- 1 cup diced baby carrots
- 1 cup sweet peas
- 1 cup chopped okra
- 2 tablespoons brown rice flour
- 3¼ cups chicken stock
- 1½ pounds roasted chicken breast, shredded
- ¼ teaspoon saffron threads
- ½ teaspoon dry mustard

Topping:

- 1 teaspoon olive oil
- 2 cups peeled and diced Jerusalem artichoke
- ½ cup bread crumbs
- 2 tablespoons sesame seeds
- 2 teaspoons ghee, melted

Bread Crumbs:

- 4 slices of Gluten free bread 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. 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 chicken, 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 chicken 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.