This Keto Chicken and Leek Pie with its crisp golden pastry and a really delicious filling of chicken and leeks makes a tasty lunch or supper dish. When cold, a piece of it is ideal for picnics or a packed lunch.

Servings - 8

Prep Time - 30 Mins | Cook Time - 2 Hrs 30 Mins | Total Time - 3 Hrs

Difficulty - Easy



Cuisine - UK

RECIPE
KETO CHICKEN AND LEEK PIE

EQUIPMENT

Cup and Spoon Measures

Mixing Bowls

Large Fine Sieve

Non-Stick Silicone Baking Mat

Rolling Pin

Parchment Paper

Non Stick Large Saucepan

Spatula

Large Metal Spoon

Wooden Spoon

Measuring Jug

Deep Pie Dish

Non Stick Small Saucepan

INGREDIENTS

Filling

1 kg chicken thighs, chopped

1/2 medium-sized onions, halved

1/2 Tsp Onion Powder

2 celery stalks

1 Bouquet Garni

2 Tsp Sea Salt, Flakes

2 liters water

1 Large leek including the green stem, cut into 1/2 inch slices

1 Tsp Stevia/Erythritol blend sweetener

120 g Sliced Cooked Ham

1 Tbsp chopped parsley

4 Tbsp Double/Heavy Cream

Pastry

240 g FHALL Low Carb All-Purpose White Flour

275 g Unsalted butter

1 Tsp Himalayan Salt (Ground)

1/2 Cup cold water

1 Egg for basting

METHOD

Pastry

Sift the flour and salt into a medium-sized mixing bowl. Add the butter and iced water. With a knife, mix quickly until your dough forms a clump. The dough will be lumpy.

Lightly flour a silicone mat and roll the dough into an oblong shape. Fold it in three and turn it so the open edges face you. Roll out again into an oval shape and proceed as before. Repeat this once again to make three turns in all. I usually do this in 2 lots, but it's up to you.

Wrap the dough in parchment paper and put it in the refrigerator to chill.

Filling

Place the chicken, onions, celery, bouquet garni and salt in a large saucepan. Pour over the water. The chicken should be covered with water, so add more if necessary.

Place the pan over high heat and bring the water to a boil. With a metal spoon, skim off any scum that rises to the surface. Reduce the heat to low, partially cover the pan with the lid on a slant, and simmer for 1 to 1 1/2 hours or until the chicken is tender.

Remove the pan from the heat and transfer the chicken to a wooden board or platter. Strain the stock into a measuring jug. Discard the vegetables and flavourings. Return 16 fluid ounces [2 cups] of the stock to the saucepan and add the leeks. Place the pan over high heat. Bring the stock to a boil. Reduce the heat to low, partially cover the pan and simmer the leeks for 15 to 20 minutes or until they are tender.

Preheat the oven to 400 F/200 C or Fan 180 C/Gas Mark 6.

Remove the dough from the refrigerator. If it looks streaky, roll it out into an oblong shape and fold it in three once again. Cut 2/3 of the pastry and replace the other 3rd back into the fridge. Make the 2/3 portion into a ball and place it on a floured surface; roll out the dough to 2 inches wider than the pie dish and put the pastry in the dish. With a knife, trim the edges of the pastry.

Put the chicken in a deep pie dish spreading them out over the base of the dish. Pour the leeks over the chicken, sprinkle the sweetener and 1/2 Tsp salt over the filling, and layer the ham, leaving a small gap in the middle. Sprinkle the chopped parsley over the ham and set it aside.

On a floured surface, roll out the remaining dough to an inch larger than the top of the pie dish. With a knife, cut a 1/2-inch strip around the pastry. Dampen the rim of the dish with water and press the pastry strips on top of the rim. With a pastry brush dipped in water, lightly moisten the strips.

Using the rolling pin, lift the dough onto the dish. With a knife, trim the dough and, with your fingers, crimp the edges to seal them to the strips already in the dish. Cut a large cross in the middle of the pastry with a sharp knife. With a pastry brush, coat the surface of the pie with a beaten egg.

Roll out the trimmings and use them to make a decoration for the top of the pie.

Place the pie in the fridge for 20 minutes, then put it in the oven and bake for 1 hour or until the top is golden brown. Remove the pie from the oven.

In a small saucepan, heat the cream over low heat. Open up the cross in the pastry and pour in the warmed cream.

SERVING SUGGESTIONS

Delicious served with Keto Creamed Spinach and a small side salad with Keto Italian Herb Dressing.

STORAGE

Store in an airtight container and refrigerate for up to 4 days. Freeze for 30 days.

NUTRITION FACTS

Per serving : 262 g | Calories 702 | Protein 37.9 g | Fat 54.4 g | Carbs 13.6 g | Fiber 8.4 g
Net Carbs : 5.2 g

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