



With a hint of almond flavoring, this gluten-free potpie will please the whole family.

Gluten-Free Chicken Potpie With Cheddar Herb Almond Crust

Filling

- 2 cups chicken, white meat (2 chicken breasts)
- 2 cups chicken, dark meat (4 chicken thighs)
- 4 cups chicken stock (plus extra to adjust thickness of sauce)
- 1 to 2 Tbsp. butter or olive oil
- 1 stalk celery, finely diced
- ½ small onion, diced (about ½ cup)
- 2 to 3 carrots, thinly sliced
- 1 cup frozen, French-cut green beans (can substitute with fresh)
- 1 cup frozen, small broccoli florets (can substitute with fresh)
- 4 Tbsp. fresh parsley, minced
- 1 to 2 tsp. Italian seasoning
- Salt and pepper to taste

- ¼ cup arrowroot flour (can adjust for desired thickness up to a ½ cup)
- 4 oz. cream cheese
- ½ cup heavy cream
- 1 cup shredded cheddar cheese

Crust

- 2 cups almond flour
- 3 Tbsp. chilled butter, diced
- 1 large egg
- 1 cup shredded sharp cheddar cheese
- ½ to 1 tsp. Italian seasoning
- ½ to 1 tsp. salt, or to taste
- ½ to 1 tsp. freshly ground black pepper, or to taste

Tip: Make the crust first then prepare the filling while it chills.

Crust

1. Preheat oven to 350°F. Lightly spray or grease a 3-quart casserole dish (preferably at least 3 inches deep) and set aside.
2. In a medium bowl, add all crust ingredients. Cut in with a pastry or dough cutter until crumbly and all flour is moistened and cheese is pulverized into the mixture.
3. Press dough together in a ball and place on a sheet of parchment paper.
4. Flatten out lightly into a circular shape (or the shape of the top of your casserole).
5. Cover with another piece of parchment paper and roll out dough to about a ¼-inch thickness to the size of your casserole dish. Handle the dough as little as possible (you don't want to heat up or melt the butter in the dough—you want it to remain stiff).
6. After the dough is rolled out evenly and the size of your casserole dish, place the rolled crust into the freezer for about 15 to 20 minutes to get firm.

Filling

1. Place chicken in large stockpot. Bring to boil and simmer for 15 to 20 minutes. Take chicken out and shred with a couple of forks. Set aside.
2. In a 6-quart stockpot, melt butter and sauté celery and onion until tender.



3. Add chicken stock, carrots, green beans and broccoli; cover and simmer until vegetables are tender.
4. Add parsley, Italian seasoning, and salt and pepper.
5. Bring stock and vegetable mixture to a light boil or simmer while stirring in the arrowroot flour, whisking vigorously until well blended and the broth begins to thicken.
6. Add in cream cheese.
7. When it reaches the desired thickness, add the cream and stir well. If you accidentally thicken it more than you want, thin the sauce with additional broth.
8. Check seasoning and make any necessary adjustments.
9. Stir in 1 cup cheddar cheese until melted.
10. Add chicken to the sauce and mix well.
11. Simmer on low for a few minutes to keep hot.
12. After chilling crust, pour hot filling mixture into casserole dish. Gently and carefully lift the dough and move it on top of the filling in the casserole. (It is important to choose the right size casserole so your filling will be within an inch or so of the top when filled and the crust will fit and lay nicely on top.) If it cracks a little, gently press it back together. Use any leftover scraps of dough to build a crust around the edge of casserole dish.
13. Bake chicken potpie at 350°F for 15 minutes.
14. Reduce temperature to 325°F, and bake an additional 15 to 20 minutes until crust is golden brown and firm to the touch.

Makes 6 to 8 servings

