

PIE RECIPE

Chicken and Fennel - Makes 1 deep fill pie

Filling ingredients:

Method:

1. Heat a little oil in your pan, add the chicken and fry for 5 minutes until lightly browned, then remove the chicken & set aside.
2. Using the same pan, add a little more oil if needed, then add the fennel, carrots, garlic & ground fennel, cook for a further 5 minutes.
3. Return the chicken to the pan then sprinkle in the flour, stir and cook for 1 minute or so.
4. Add the stock, milk and cream. Simmer for 5 minutes.
5. Season and add the parsley.
6. Spoon mixture into the pastry case, top with the lid, brush with a little beaten egg and cook in the oven for approximately 20 - 25 minutes at 180C until golden brown.



INGREDIENTS

100g chicken thigh cut into bite-size chunks
½ small fennel bulb, thinly sliced
½ carrot finely sliced
1 clove garlic, finely chopped
½ tsp ground fennel seeds (optional)
2 tbsp soured cream (or normal cream will do)
1 tbsp milk
2 tbsp chicken stock
1 level tsp plain flour
½ tbsp chopped parsley
Salt and pepper
1 egg, beaten
Sunflower or olive oil



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