



University of Maryland, Baltimore Alumni Cooking Class

Please see the notes and recipes below from Amy von Lange, chef and owner of Schola Cooking School in Baltimore, who will lead the class.

SPECIAL EQUIPMENT LIST

- Rolling pin (if making own crust)
- Food processor (if making own pie crust, but not necessary)
- Pie pans and tart pan (pie pan can be used in place of a tart pan)

TIME SAVING NOTES

- Store-bought crust can be used. I use the Pillsbury pie doughs in the butter section of your grocery store. Frozen pie crusts can be used as well.
- Most frozen food sections have a vegetable medley that can be used in the chicken pot pie if you would like that option.
- Store-bought rotisserie chicken is an easy shortcut for those of you who do not have time to roast chicken.
- Potatoes can be microwaved or prebaked ahead of time.
- Please have oven preheated to 350 degrees.

RECIPES

"HEALTHIER" CHICKEN POT PIE

Ingredients

For the Crust: (store-bought pie dough is fine)

- 1 cup all-purpose flour, plus more for dusting
- 1/4 teaspoon baking powder
- 1/4 teaspoon fine salt
- 4 tablespoons cold unsalted butter, cut into small pieces
- 1 large egg (separated)
- 2 tablespoons 2% milk

For the Filling:

- 2 small russet potatoes (not necessary to peel — your preference)
- 4 1/2 cups low-sodium chicken broth (vegetable broth for vegetarian option)
- 5 medium carrots, peeled and cut into large chunks
- 1 package assorted wild mushrooms pre-roasted (optional)
- 1 to 2 teaspoons chopped fresh thyme
- 2 tablespoons extra-virgin olive oil
- 1 large onion, finely diced
- 3 tablespoons all-purpose flour
- 1/3 cup 2% milk (can substitute coconut milk)
- 3 stalks celery, sliced
- 3 cups shredded rotisserie chicken, skin removed (eliminate for vegetarian option)

1/2 cup fat-free plain Greek yogurt
1 cup frozen peas
1/2 cup minced fresh parsley
Kosher salt and freshly ground pepper

Directions:

Prepare the crust: Pulse the flour, baking powder, and salt in a food processor until combined. Add the butter, one piece at a time, pulsing until the mixture looks like coarse meal. Separate the egg; refrigerate the egg white. Beat the egg yolk and milk in a bowl, then add to the food processor, pulsing until the dough comes together. Turn out onto a lightly floured surface and gather into a ball. Flatten into a disk, wrap in plastic wrap, and chill at least 1 hour.

Meanwhile, make the filling: Prick the potatoes with a fork and bake directly on the oven rack until tender, about 45 minutes. Cool slightly, then peel and break into small pieces. Slice the mushrooms, toss in olive oil, and salt and roast for 20 minutes.

Bring the chicken broth, carrots, and thyme to a simmer in a saucepan over medium heat and cook 2 minutes; cover and keep warm. Meanwhile, heat the olive oil in a large pot over medium heat. Add the onion and cook until soft, about 8 minutes. Sprinkle in the flour and stir until lightly toasted, about 3 minutes. Add the milk, celery, potato pieces, and warm broth mixture and simmer until thickened, about 15 minutes. Remove from the heat and stir in the chicken, yogurt, peas, and parsley. Season with salt and pepper.

Transfer the filling to a pie plate or 2-quart casserole dish. Roll out the dough on a lightly floured surface until about 1/2-inch thick and slightly larger than the dish. Beat the reserved egg white in a bowl; brush over the dough and season with salt and pepper. Press the dough against the sides of the dish. Place on a baking sheet and bake until the crust is golden brown, 20 to 25 minutes.

CHOCOLATE HAZELNUT TART

Same dough as pot pie (store-bought pie crust is fine)

For the Filling:

1/2 cup sugar
2 tablespoons all-purpose flour
3 eggs, beaten
1 1/2 cups peeled, chopped, and toasted hazelnuts
8 ounces bittersweet chocolate chips (about 1 cup)
1 cup corn syrup
2 tablespoons butter, melted
1 teaspoon vanilla extract
1/4 teaspoon salt

Directions:

In a large bowl, mix together the sugar and the flour. Add the eggs, hazelnuts, chocolate chips, corn syrup, butter, vanilla, and salt. Stir well. Pour the mixture into the pie crust. Bake at 350 degrees for 1 hour.

Cool the tart for at least 30 minutes before serving.