Christina McElhany Name

Senior Age Division

Fruit and Veg Category

Houston County Name

Simple Home Cooked Vegetable Pot Pies

3/4 cup chopped yellow onion (~ 1/2 medium onion)
1 large clove garlic, minced
2 cups vegetable broth
½ c. fresh cut corn off cob
½ c. fresh snapped cut green beans
¼c.of diced celery
1/4 cup heavy cream milk
1/4 cup unbleached all-purpose flour
2 bay leaves
¼ tsp of each Sea salt and Black pepper
1 puff pastry
2 tbsp. of olive oil
1 tsp of melted butter
Non stick spray

Instructions

Preheat oven to 425 degrees F (218 C).

Add 2 Tbsp olive oil to a large saucepan over medium heat. Then add onion and garlic and a pinch of salt – stir. Cook until soft – about 7 minutes.

Add the flour and stir with a whisk, then slowly whisk in the broth.

Add cream and bay leaves and stir. Simmer until the mixture is thickened (about 10 minutes). If it still appears too thin, scoop out 1/2 cup of the broth and add 1-2 Tbsp more flour and whisk. Add back into the pot to thicken. Wait a few minutes. Then repeat if necessary.

While the sauce is thickening, prepare puff pastry. Cut out, leave unbaked, and set aside.

Once the sauce is thickened, add the fresh vegetables and cook for 10 more minutes. Taste and adjust seasonings, adding more salt and pepper if needed.

Discard the bay leaves and divide the mixture evenly between 5-6 lightly sprayed ramekins or a 8×8 baking dish. Top with puff pastries and brush the tops of the pastry with melted butter. Set your 8×8 dish or ramekins on a baking sheet to catch overflow and bake until the pastries are golden brown and the filling is bubbly (about 14-17 minutes). Let cool for 5 minutes before serving.

If making ahead of time, simply spoon the cooked veggie mixture into your ramekins or dish, top with uncooked puff pastry, and freeze. When ready to prepare, preheat oven to 425 degrees (218 C) and cook until the pastry is golden brown and the mixture is bubbly – roughly 20-30 minutes.