

Vegetable Pot Pie

Season: Autumn

Type: Main

Serves: 32 tastings

From the garden: Pumpkin & rosemary

Class focus: Cutting vegetables into cubes & chopping herb



Equipment:	Ingredients:
<p>Large saucepan x 1 Wooden spoon x 1 Chopping boards and knives Measuring cups Measuring spoons Baking paper Red baking dish x 5 Spoon x 5 Serving plates x 5</p>	<p>½ cup olive oil</p> <p>1 onion (finely chopped) ½ pumpkin (skin-off, cubed – 1cm) 1 potato (skin-on, cubed – 1cm) 1 cup frozen peas 3 sprigs rosemary (leaves only, finely chopped) ½ cup plain flour</p> <p>4 cups milk (1 box) 1 vegetable stock cube 1 teaspoon salt 10 grinds of pepper</p> <p>2 ½ sheets puff pastry (thawed, cut the 2 whole pastries into half, leave the half piece as it is)</p>

What to do:

1. Heat oven to 180C.
2. Wash all the vegetables and herb.
3. Line all the baking dishes with baking paper.
4. Prepare all of the ingredients based on the instructions in the ingredients list.
5. Heat oil in a large saucepan over medium-high heat.
6. Add the next 6 ingredients, cook until onion is softened.
7. Add milk, stock cube, salt and pepper, mix until thickened.
8. Distribute equally into 5 lined red baking dishes.
9. Place a piece of pastry over each baking dish, pressing around sides to seal.
10. Bake the pie for 16 minutes or until pastry is golden brown and puffed.
11. Serve into 5 serving plates with a spoon in each.

For vegan / dairy intolerance option:

Use soy milk.

For gluten free option:

- Use gluten free plain flour and vegetable stock powder.
- After the completion of Step 7, please get Angela to take a portion out to make the Pot Pie with gluten free pastry.

Interesting terms:

Interesting techniques: Cutting vegetables into cubes & chopping herb