

Pies: check the crust and filling

Crust ingredients

Read the exact ingredient list for the fat used in the crust: butter, vegetable oil or shortening, and lard are different ingredients. Lard is pork fat. A familiar pie name does not identify the fat in every recipe.

Filling and dough ingredients

Check the filling for gelatin and any alcohol ingredients. If L-cysteine appears in the dough ingredients, ask the manufacturer about its source; its name alone does not identify the raw material. Match the exact product, country and current pack.

Compare useful options

A crust listing butter or vegetable oil gives you a different ingredient choice from one listing lard. Check all the remaining ingredients and any certification separately. For restaurant pies, ask which crust and filling are used.

Make your own

Our chicken pot pie recipe lets you choose the pastry fat and filling ingredients. Check the ingredients you buy against your dietary requirements.

[Chicken pot pie recipe](#)

[Gelatin sources and dietary checks](#)

SPOTLIGHT HALAL RECIPE: CHICKEN POT PIE

Pot Pie is a cooking method where poultry or meat and chopped vegetables are cooked in a deep, pastry-lined pot. The term, 'pot pie' first appeared in American print in 1785 and it has remained primarily an Americanism. Pot pie typically has a filling of meat (particularly beef, chicken or turkey), gravy, and mixed vegetables (potatoes, carrots, green beans and peas).

This recipe is an adaptation of a recipe published in the 1969 edition of the Betty Crocker Cookbook.

YOU'LL NEED...

- Pastry for a 9-inch two-crust pie (see below)
- 2 tbsp. butter
- 2 tbsp. flour
- 1 tsp. salt
- ½ tsp. black pepper
- ¼ tsp. thyme (برقع)
- ½ cup chicken broth or 1 chicken bouillon cube dissolved in ½ cup boiling water
- ½ cup light cream (20%)
- 40 (yes forty) shakes of dried onion flakes
- 2 cups cooked chicken or turkey meat, chunked
- 10 oz. frozen peas and carrots, cooked



Chicken Pot Pie

1. HEAT oven to 425° F. (215° C.)
2. PREPARE pastry as directed below.
3. MELT butter in a large saucepan over low heat.
4. BLEND in flour, salt, pepper and thyme with a fork or wire whisk to create a roux. COOK, stirring over low heat until smooth and bubbly.
5. STIR in chicken broth, cream and dried onion flakes. HEAT to boiling, stirring constantly. Sauce will thicken.
6. STIR chicken and vegetables into the sauce.
7. POUR filling into the prepared pie crust.
8. COVER with pastry top. SEAL edges of top and bottom crust.
9. PIERCE pie top with a knife to allow steam to exit while baking.
10. COVER edge with a thin strip of aluminum foil to prevent excessive browning/burning; remove foil last 15 minutes of baking.
11. BAKE 35-40 minutes or until golden brown.

PIE PASTRY (for a 9-inch two-crust pie)

- 2 cups all purpose flour
- 1 teas. salt
- 2/3 cup + 2 tbsp. vegetable shortening
- 4-5 tbsp. cold water

1. MEASURE flour and salt into bowl.
2. CUT in shortening thoroughly. To do this, hold two butter knives, one in each hand. Blades touching, cut through flour and shortening in opposite directions. This will 'cut' the shortening into small flour-covered beads. This step is the key to a flaky crust.
3. SPRINKLE in water; 1 tbsp. at a time, mixing until all flour is moistened and dough almost cleans side of bowl.
4. DIVIDE dough 40:60.
5. GATHER dough into balls; shape each into flattened rounds on lightly floured board.
6. ROLL out dough evenly using a flour covered rolling pin. Roll dough 2 inches larger than inverted pie pan.
7. FOLD pastry into quarters.
8. UNFOLD pastry in pan.