

# Beorngyð's Chicken Pie

An original recipe by Keeli-Mari Gollins for 'Eat In Wolverhampton' (February 2010).

This filled pie (a filled pie base without the lid) was inspired by early English recipes with a modern twist to suit today's palate. The result is a filling traditional chicken dish with a difference - a short crust pie base holding simmering chunks of chicken & vegetable immersed in an English white wine & stock sauce with ginger and garlic for that sought after kick. Beorngyð is an early English female name, one that appeared in the 985 charter from King Æthelred II to Lady Wulfrūn giving the original borders of Wolverhampton. Beorngyð's Stone is mentioned, possibly a stone used as a boundary marker though today we cannot be certain.

## Ingredients to serve 2 people + Instructions

### For the pastry: (4.5oz)

4.5 oz plain flour  
1 oz lard  
1 oz butter  
1 tbsp cold water  
1 pinch of salt

1. Sift the flour through a small sieve or mesh, and add the salt into a large mixing bowl.
2. Cut the butter and lard into the dry ingredients.
3. Rub the fat in with your fingertips, until crumbs form.
4. Sprinkle in the cold water and stir the mixture with a knife to form a dough.
5. Knead the dough with your fingertips until smooth.
6. Chill the dough in a fridge for 1 hour before use.

### For the filling:

2 boneless organic chicken breasts washed thoroughly and skinned.  
250ml hot chicken stock (to simmer)  
100ml (approx 2 cups) medium white wine (an English wine such as 'Black Country Gold', by Halfpenny Green Vineyards)  
1.5 tbsp plain flour  
2 grinds of coarse black pepper  
5g butter  
1 flat open mushrooms (diced)  
1/4 swede (diced)  
2 rashers streaky bacon  
1 large egg  
1 tsp lemon juice  
3 cloves organic garlic (finely chopped)  
1/2 of a cooking onion (diced)  
1/2 of a carrot (diced)  
1/4 of fresh root ginger (finely grated)  
Salt and pepper (to season, add as much or little as preferred)

1. Remove the dough from the fridge and roll out 115g (approx 4oz) of the pastry and line a 15cm (6 inch) flan dish.
2. To 'blind' bake (pre-baking the pastry before filling) preheat oven at 220°C, and line a sheet of parchment over the pastry.
3. Leave in the oven for 5 minutes and remove straight away, do not overcook.
4. Put the meat in a pot with the stock, wine, pepper and garlic and cook very slowly on a low heat for 45 minutes, until the chicken is tender.
5. Meanwhile lightly fry the bacon, carrots, swede, ginger and onions in the butter. Add the mushrooms and continue to fry until everything is soft.
6. Mix 80ml of the cooking juices with the softened vegetables and lower the heat to a medium level (Gas Mark 3). Add the flour and stir evenly around the mixture. Leave to simmer for 10 minutes until the sauce has thickened.
7. Remove the chicken breasts from the stock mixture. Dice into small cubes and add to the vegetables and sauce.
7. Spread the filling over the base of the flan case. Beat the large egg with a fork and season with the salt and pepper. Add the lemon juice..
8. Using a pastry brush, brush the egg over the edge of the crust. Bake in the oven on a medium heat: 180°C, Gas Mark 4 for 20 mins.
10. Serve with leafy green salad or home cooked potato wedges / home cooked chips and peas.