

Chicken Pudding with Pea Gravy

Adapted significantly from a Colonial Williamsburg recipe, c. 1827



Servings: 9

1. Preheat oven to 350°F.
2. Melt butter, then add the onion, celery and carrots. Cook for about 10-15 minutes until the vegetable are soft. Add flour and cook a few minutes over low heat.
3. In a medium bowl beat eggs well, then add half and half and mix well. Add to the pan along with the seasonings. SLOWLY bring this mixture to a simmer and cook briefly until mixture thickens. If you cook it too fast, the eggs will start to scramble in the sauce.
4. Spread chicken in a greased 9" square baking dish (use glass or ceramic), then pour the pudding part on top.
5. Bake 45 to 50 minutes until set. Allow to rest for 10 minutes before serving.
6. GRAVY: Melt butter in a large skillet over medium-high heat. Whisk in flour, and cook, whisking constantly, 1 minute. Whisk in broth and remaining ingredients (except peas). Cook over medium heat, whisking constantly, about 2 minutes, or until mixture thickens.
7. Run cold water over the frozen peas, drain briefly, then add to the gravy and cook for about a minute. Serve pudding on individual plates, and spoon the pea gravy on top. Garnish with additional chopped parsley if desired.

PUDDING:

- 1/2 cup unsalted butter
- 1/2 cup yellow onion, finely minced
- 1/3 cup celery, finely chopped
- 1/2 cup carrots, finely diced
- 5 tablespoons all purpose flour
- 4 large eggs
- 2 cups half and half
- 2 1/2 cups cooked chicken, cut in 1/2" cubes
- 1 1/2 teaspoons freshly ground black pepper
- 1 1/2 teaspoons dried thyme, crushed between your palms
- 2 tablespoons fresh parsley, chopped

GRAVY:

- 2 tablespoons unsalted butter
- 2 tablespoons all purpose flour
- 11 ounces low sodium chicken broth
- 1/2 cup milk
- 2 teaspoons dried onion (minced type)
- 1/8 teaspoon freshly ground black pepper
- 1 cup frozen peas

Per Serving (excluding unknown items): 343 Calories; 24g Fat (61.8% calories from fat); 20g Protein; 13g Carbohydrate; 2g Dietary Fiber; 183mg Cholesterol; 189mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 4 Fat.

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