

RED ARROW INTERNATIONAL

Culinary Creations

Aro-Smoke 8056™

Flavor Description:

A traditional, ashy hardwood smoke flavor.

Chicken Pot Pie



Yield: 736.35gm. each Serving: 2 pot pies

FORMULA: *

Ingredients:	Oz.	Lbs.	Grams	% weight
<i>Aro-Smoke 8056</i>	0.01	0.0	0.25	0.02%
Oil, canola	2.12	0.1	60.0	4.07%
Garlic; peeled, minced	0.42	0.0	12.0	0.81%
Onion; peeled, minced	2.47	0.2	70.0	4.75%
Celery, minced	2.47	0.2	70.0	4.75%
Carrot; peeled, minced	2.47	0.2	70.0	4.75%
Chicken; breast meat, small dice	12.35	0.8	350.0	23.77%
Thyme; leaves, dried	0.03	0.0	0.8	0.05%
Parsley, dried	0.01	0.0	0.4	0.03%
Worcestershire sauce	0.14	0.0	4.1	0.28%
Black pepper, ground	0.02	0.0	0.6	0.04%
Kosher salt	0.12	0.0	3.5	0.24%
Flour, all purpose	1.76	0.1	50.0	3.40%
Green beans; frozen, french cut	2.47	0.2	70.0	4.75%
Chicken base	0.42	0.0	12.0	0.81%
Water	24.66	1.5	699.0	47.47%
Total	51.95	3.2	1472.7	100.00%
Puff pastry shell				

Chicken Pot Pie

Method of Preparation:

1. Preheat oven to 218°C.
2. Place a heavy saucepot over medium heat.
3. Add the oil, garlic, onion, celery, and carrot. Sauté until softened, approximately 3 minutes.
4. Add the cubed chicken meat and sauté until chicken is seared on all sides.
5. Add chicken base, thyme, parsley, Worcestershire sauce, pepper and salt.
6. Sauté for one minute to blend the flavors and heat the herbs.
7. Add the flour and coat all vegetables well.
8. Slowly whisk in the water to the flour and vegetable mixture making sure to break up any lumps.
9. Add the **Aro-Smoke 8056** and blend well. Simmer the entire mixture for 20 minutes over low heat until a thick pot pie filling consistency is reached.
10. Add the green beans.
11. Place mixture into an ovenproof baking dish and top with the puff pastry shell.
12. Bake for 20 minutes until pastry shell is browned and the filling is bubbling and warmed throughout.
13. Remove from oven and serve.

Research Chef Evaluation of Aro-Smoke 8056:

Aro-Smoke 8056 adds a unique taste to a traditional potpie filing. The smoke combines well with the other flavors, giving this convenience food an “outdoor” flair.

* Developed by Red Arrow Culinary Specialists