

# Vegetable Curry Pot Pie

I RARELY TAKE THE TIME TO MAKE POT PIE in its truest form. In fact, any combination of vegetables in a pot with something crust-like over it saves me time and effort and scores points with my family.

## CRUST

- 1 cup brown rice flour
- ½ cup tapioca flour/starch
- 2 teaspoons baking powder
- 1 teaspoon sea salt
- 4 tablespoons virgin coconut oil
- ½ cup rice or almond milk
- 1 tablespoon lemon juice

## FILLING

- 1 tablespoon extra virgin olive oil
- 1 yellow onion, chopped
- 3 garlic cloves, minced
- 1 tablespoon grated fresh turmeric root (or 1 teaspoon ground)
- 3 celery stalks, chopped
- 2 cups chopped carrots
- 4 cups chopped cauliflower
- 2 tablespoons mirin
- 2 large bunches Swiss chard, chopped
- 2 cups peas, fresh or frozen
- Sea salt and freshly ground pepper
- 1½ cups vegetable stock
- 2 tablespoons arrowroot
- 1½ teaspoons curry powder

Preheat oven to 400°F.

Place crust ingredients in refrigerator to chill.

In large Dutch oven over medium heat, sauté onion and garlic in olive oil until soft (about 3 minutes). Stir in turmeric, celery, carrots and cauliflower. Add mirin, stir and simmer 2 minutes. Add Swiss chard and peas and fold continuously until chard wilts. Season to taste with sea salt and pepper. In a bowl, whisk together vegetable stock, arrowroot and curry powder. Pour into vegetable mixture and stir until sauce thickens (1–2 minutes). Remove from heat and set aside.

In food processor, combine chilled brown rice flour, tapioca flour, baking powder and sea salt and pulse to combine. Add coconut oil 1 tablespoon at a time and pulse to cut into flour mixture. In small bowl, combine milk and lemon juice. With food processor running, pour in milk mixture. Process until just combined. Place a sheet of parchment paper on cutting board and transfer dough to paper. Form into ball and then press into round to fit your Dutch oven (about ½-inch thick).

Place dough round over vegetables in Dutch oven and bake 35 minutes or until vegetables are soft and filling is bubbling up over crust. Remove from heat and set aside 2–3 minutes to cool before serving.

SERVES 6