



# Pâte Chinois au poulet (Chicken Shepherds Pie)

NIBBLEDISH CONTRIBUTOR

## Ingredients

For a 9 x 12 inch deep dish, approximately...

- 3 large potatoes.
- 2 tablespoons of margarine
- 1 cup of milk or less.
  
- 250 ml worth of corn and peas.
- 1/2 cup of carrots, chopped up.
- 1 medium onion, diced and chopped.
- 1 clove of garlic, chopped.
- 1 cup of white mushrooms, diced and chopped.
- I used 0.4 kg of ground chicken and 1/2 a block of firm tofu, crumbled up.
  
- Salt and pepper
- 1 teaspoon of thyme (adjust to your liking)
- Cornstarch to thicken the mixture
- 1 cup of chicken stock or less
- A handful of fresh parsley, chopped up.
  
- Olive oil

## Instructions

My first time ever trying "Pate Chinois" was at my boyfriends parents house in Quebec,

---

which is essentially Shepherds pie. I decided to derive that into my own inspiration.

My version uses chicken although you may use turkey. You can also just use crumbled up firm tofu because it gives a meaty texture. (I used half tofu in my mixture.) You can omit or add veggies as you liked. I have corn, carrots, peas, onions, garlic and mushrooms.

The people at my house like to eat it with ketchup or sour cream. This recipe makes up to a dozen servings or more, depending on your appetite. It's extremely filling and good fo winter nights. :) Bon appetit.

1. Preheat oven to 400 F
2. Cut your potatos into smaller pieces and put it in the pot of boiling water. Boil until mash-able.
3. Using a potato masher, mash up the potatoes and add the milk and margarine. Set aside.
4. In a big pan, fry the onions in olive oil. Progressively add the carrots, mushrooms, chicken and tofu and then corn + peas last. Cook until chicken is nicely done.
5. Add chicken stock, salt and pepper and thyme to taste.
6. Lastly add the starch to thicken the mixture, letting it boil.
7. When done, put in your baking dish. Spray dish with pam first, then put the chicken mixture in the pan.
8. Take your mashed potatoes and put it on top. Spread mixture. Take a fork and make a vertical stripe pattern on the mashed potatoes. Bake for about 10-20 minutes or until the mashed potatoes are browned on top.