

Recipes

By
Delaware

FULL MEAL RECIPE FEATURING CHICKEN POT PIE, MADE WITH DELAWARE'S STEWING HENS

SALAD

APPLE-WALNUT FIELD GREENS WITH DIJON VINAIGRETTE

INGREDIENTS

6 cups mixed field greens
1 Granny Smith apple, thinly sliced
1/2 cup walnuts, toasted and roughly chopped
1/2 cup crumbled feta (optional)
1/4 cup dried cranberries (optional)

PREPARATION

Toast walnuts in a dry pan over medium heat for 3–4 minutes until fragrant; cool. In a bowl, whisk: 3 tbsp olive oil + 1 1/2 tbsp Dijon mustard + 1 tbsp apple cider vinegar + 1 tbsp honey (optional) + salt/pepper. Toss greens with vinaigrette. Add apple slices and walnuts (and feta/cranberries if using).

PRESENTATION

Plate on a large platter or individual bowls.
Finish with a few extra walnut pieces and a light crack of black pepper.

ENTREE: STEWING HEN CHICKEN POT PIE (FROM SCRATCH)

INGREDIENTS

FOR THE STEWED CHICKEN FILLING

1–2 stewing hens (about 3–5 lb total), cut into pieces
2 tbsp olive oil
1 large onion, diced
3 carrots, diced
3 celery stalks, diced
3–4 cloves garlic, minced
1/4 cup all-purpose flour (for thickening)
6 cups chicken stock (or water + skimmed cooking liquid from the hen)
2 tsp kosher salt, plus more to taste
1 tsp black pepper

1 tsp dried thyme (or 2 tsp fresh)
1 bay leaf
1 cup frozen peas
1 cup sliced mushrooms (optional)
2 tbsp butter (optional, for richness)

FOR THE POT PIE CRUST

2 pie crusts (store-bought) or your favorite homemade double crust
Egg wash (1 egg + 1 tbsp water) for brushing (optional but recommended)

PREPARATION

Cook the stewing hens (tender braise):

Pat hen pieces dry and season with salt/pepper.

Heat olive oil in a large pot over medium-high. Brown hen pieces in batches (about 3–4 minutes per side). Remove to a plate.

In the same pot, sauté onion, carrots, and celery until softened, 7–9 minutes.

Add garlic for 30 seconds, then stir in flour; cook 1 minute.

Return hen to the pot. Add stock, thyme, and bay leaf. Bring to a gentle simmer.

Cover and simmer until very tender, about 2–3 hours (time varies by size/age).

Shred and build the filling:

Remove hen pieces to a bowl. When cool enough to handle, shred meat, discarding bones/skin.

Return shredded chicken to the pot. If the sauce is thin, simmer uncovered 5–10 minutes to thicken.

Stir in peas (and mushrooms if using). Taste and adjust salt/pepper. Optional: stir in butter for extra silkiness.

Assemble:

Preheat oven to 425°F (220°C).

Spoon filling into a deep pie dish (or 2 smaller dishes).

Add the top crust (or a double crust). Seal edges; cut a few steam vents.

Brush with egg wash for a golden finish.

Bake:

Bake 20 minutes at 425°F, then reduce to 375°F (190°C) and bake 20–30 minutes more, until bubbling and deeply golden.

PRESENTATION

Rest the pot pie 10–15 minutes before slicing (this keeps it from running).

Serve with a spatula or slice cleanly; garnish with fresh thyme leaves if you have them.

TWO SUGGESTED SIDE DISHES

GARLIC-PARMESAN ROASTED POTATOES

INGREDIENTS

2 lb baby potatoes (or Yukon gold), halved
3 tbsp olive oil
4 cloves garlic, minced
1/2 cup grated Parmesan
1 tsp kosher salt
1/2 tsp black pepper
1 tsp dried rosemary (optional)

PREPARATION

Heat oven to 425°F (220°C).
Toss potatoes with olive oil, garlic, salt, pepper, and rosemary.
Roast 25–35 minutes, tossing once, until crisp and browned.
Toss with Parmesan right after roasting (so it melts and clings).

PRESENTATION

Serve hot in a bowl; sprinkle a little extra Parmesan on top.

CREAMY BUTTERY GREEN BEANS (SKILLET)

INGREDIENTS

1–2 lb fresh green beans, trimmed (or thawed frozen)
2 tbsp butter
1–2 cloves garlic, minced
1/4 cup chicken stock or water
1 tbsp lemon juice
Salt/pepper to taste

OPTIONAL: PINCH OF RED PEPPER FLAKES

PREPARATION

Blanch green beans in boiling salted water 2–3 minutes; drain.
In a skillet, melt butter; sauté garlic 30 seconds.
Add beans and stock. Simmer 2–3 minutes until glossy.
Stir in lemon juice and season to taste.

PRESENTATION

Plate family-style in a warm serving dish with a light sheen.

DESSERT: WARM BERRY-CUSTARD CRUMBLE (OR ANY BERRIES YOU HAVE)

INGREDIENTS

3–4 cups berries (fresh or frozen)
1/3 cup sugar
1 tbsp lemon juice
1 tbsp cornstarch (for filling)
1 cup rolled oats
1/2 cup all-purpose flour
1/2 cup brown sugar
1/2 tsp cinnamon
6 tbsp cold butter, cubed
Pinch of salt

PREPARATION

Preheat oven to 350°F (175°C).
Mix berries + sugar + lemon juice + cornstarch. Pour into a baking dish.
Combine oats, flour, brown sugar, cinnamon, and salt; cut in cold butter until crumbly.
Sprinkle crumble over berries.
Bake 35–45 minutes until bubbling and golden.
Let cool 10 minutes so it thickens.

PRESENTATION

Serve warm in bowls.
Optional: add a scoop of vanilla ice cream or a spoon of whipped cream.

WINE PAIRING

RECOMMENDED WINE: KAIKEN INDOMITO CABERNET FRANC RED WINE
The Cabernet Franc's medium body and bright savory notes complement savory chicken, herbs (thyme), and rich buttery pastry without overpowering the filling. Its structure works especially well with thick, braised, umami-forward stewing hen flavors, creating a balanced bite-to-sip pairing.