

Chicken Casserole with Savoury Biscuits



Serves	6
Prep time	35 minutes
Cook time	1 hour
Total time	1 hour, 35 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Main Dish
Misc	Child Friendly , Freezable , Pre-preparable , Serve Hot

Ingredients

Casserole:

- 1 potato (peeled and diced)
- 500g chicken thighs (about 6)
- 1/4 cup flour
- Salt
- 1 tablespoon butter
- 1 tablespoon sunflower oil
- 1 clove garlic (crushed)
- 1 Small leek (sliced)
- 1 stick celery (sliced)
- 1 tablespoon flour
- 2 cups chicken stock (refer to recipe)
- 1 tin bean mix, 400g (drained and rinsed)

Casserole: (Optional)

- 1 Small carrot (diced)
- 1 Small parsnip (peeled and diced)

Biscuits:

- 1 Small swede
- 2 cups plain white flour
- 4 teaspoons baking powder
- 50g butter (softened and roughly chopped)
- 1 egg (lightly beaten)
- 100ml milk (approximate)
- Salt

To serve:

- Sour cream
- Yogurt (amines)

Directions

1. Preheat the oven to 180°C.
2. Cook the swede (steam, boil, microwave), mash and set aside to cool.
3. Cut each chicken thigh into 3 pieces. Place in a plastic bag with 1/4 cup flour and a pinch of salt, shake until well coated.
4. Heat the oil and butter in a fry pan. Add the garlic and fry for 1 to 2 minutes. Add the chicken and fry until cooked. Transfer the chicken to a casserole dish.
5. In the same oil fry the potato/carrot/parsnip, leek and celery until tender. Stir in 1 tablespoon of flour and cook for 1 minute. Add the stock and beans, season with salt and bring to the boil.
6. Pour the stock mixture over the chicken, cover with a lid or foil and cook for 40 minutes.

While the chicken is cooking, make the biscuits.

7. Sift the flour with a pinch of salt into a bowl, add the butter and rub into the flour with your fingers until it resembles bread crumbs. Stir in the swede, then add the egg and sufficient milk to make a soft dough.

8. Turn onto a floured board and roll out to 2 cm thick. Cut into rounds.



9. When the casserole has cooked for 40 minutes, add the scones to the top of casserole. Increase the oven temperature to 200°C and cook with the lid off for about 20 minutes or until the biscuits have risen and are brown on top.



10. Serve each portion with 2 or 3 biscuits and a spoonful of sour cream or yoghurt (optional – Amines).

 [Making Chicken Casserole with Savoury Biscuits](#)

Note

Low Chemical / Moderate Salicylates

Variations:

1. Replace the potato with carrot or parsnip, if tolerated (moderate salicylates).
2. Use besan (chickpea) flour in the casserole.
3. Use spelt flour in the scones.
4. Use vegetable stock instead of chicken stock.
5. Use a bunch of spring onions instead of the leek.

Refer to the [Basics Page for home made stock recipes](#).

If you can't tolerate amines avoid browning the meat while cooking it in the first step.