



Cowichan Community Kitchens ended it's last fiscal year with five full time Kitchens and four others(who cooked through part of the year) having cooked a total of 4,639 meals, some of which were donated to members of the community. During this year's Christmas bake the groups produced approximately 2,546 pieces of baked goods which included cookies, tarts, squares and loaves.

In April Jen Freeman hosted two mock kitchens to explain how a kitchen is run. MP Jean Crowder attended the first kitchen on April 5, and MLA Bill Routly attended April 6. The two events also attracted persons from various organizations such as Cowichan Intercultural Association, Cowichan Green Community, The Yout Outreach Program and Cowichan Tribes. Marcel Aubin Program Coordinator for House of Friendship also attended the second kitchen. Staff and kitchen members rounded out the cooking groups with everyone preparing Turkey Pies to take home, plus salad to have at lunch with pies previously made by Jen.

This months recipe is Jen's Turkey Pie which everyone found delicious, I hope you do as well.

TURKEY POT PIE

1 Deep Dish

½ Med.-Lg. Onion	¾ Tsp. Dried Thyme
2 Cloves of Garlic	¾ Tsp. Dried Tarragon
½ Cup Finely Cubed Turnip	¾ Tsp. Dried Marjoram
1 Med-Lg. Potato	¼ Tsp. Dried Rosemary
2 Med. Carrots	¾ Tsp. Dried Parsley
¾ Finely Chopped Broccoli	2 Tbsp. Flour
1 Cup Chopped Cooked Turkey	¼ Cup Sour Cream
½ Cup Frozen Peas	¼ Cup Cream

2 Tbsp. Olive Oil
3/4 Tsp. Salt
1/4 Tsp. Pepper

3/4 Cup Chicken Stock
Salt & Pepper to taste
Pie Crust

1. Heat oil on medium heat in a medium sized sauce pan.
2. Saute' onions and garlic for a few minutes, until just starting to turn translucent.
3. Add chopped turnip, and cook for a few more minutes.
4. Add chopped potato and cook for about 10-15 minutes, adding the salt and pepper. Cook until potatoes and turnips start to soften but are still firm. You can cover the saucepan with a lid to retain heat and steam to help cook the veggies. A little salt will help flavor the veggies and bring out their sweetness.
5. Add chopped carrots, cook until veggies are mostly cooked but still firm (about 5 minutes).
6. Add dried herbs, chopped broccoli and chopped turkey and cook until these additions are just warm.
7. While still cooking, add in the flour, stirring to coat mixture, which should start to become a bit pasty (but if you haven't overcooked your vegetables , they will retain their shape).
8. While still cooking , stir in the sour cream, until it mixes well with the rest of the ingredients. Stir in the cream and add the stock, mixing between additions to combine well with the rest of the ingredients.
9. Stir in the peas and add salt and pepper to taste.
10. Pour into unbaked pie shell, and cover with top crust.
11. Bake at 425° F For 10 minutes, then turn oven down to 350° for another 30-40 minutes, or until crust is golden and pie is bubbling with goodness.

PIE CRUST

