

W H E R E W O M E N C O O K

pie • ography

Where Pie Meets Biography

42 Fabulous Recipes Inspired by 39 Extraordinary Women



Jo Packham

Food Styling by Anne Marie Klaske

Photography by Traci Thorson

SARAH SPRY KEENAN

Chef Sarah Spry Keenan, co-owner at Whole Health Everyday, is a noted graduate of Laguna Culinary Arts Professional Chef Program. An avid foodie, blogger, and passionate chef, Sarah's first love is Thai cuisine—which she has prepared for more than twenty years. She continues to study this regional food and brings all the flavor and health benefits of Thai food into her cooking at every opportunity.

Raised by a family “full of hardcore health food freaks,” Sarah was fed the purest and freshest foods as a child. Her grandmother had a huge garden, chickens, and goats. Both her mother and grandmother owned health food stores. Growing up in California, Sarah often stopped with her family at roadside fruit stands to pick up snacks. She has always had a relationship with good, fresh food.

Sarah spent time as a pastry chef at the renowned Ahwahnee Hotel, in Yosemite National Park. She continues to pursue a full-rounded exploration of all food and its presentation. She is the Sous Chef at Casa Laguna, www.casalaguna.com.

To read more about Sarah's work, visit wholehealtheveryday.com and spryonfood.com.



My life & Lobster Potpies

1. There's the old adage that "a picture is worth a thousand words." Ah, but FOOD ... well,
2. food speaks to all our senses. We derive pleasure from the sight of food; the smell of food; the
3. sounds of chopping, popping, and sizzling; from the warmth that emanates from a hot dish;
4. and, of course, our taste buds relish the flavor of a well-prepared meal. In the same way that
5. food speaks to our senses, it can tell us a lot about the person who created it. Take my Lobster
6. Potpie, for instance. In its ingredients, its construction, and its flavors, you will find a story
7. about me, Chef Sarah.

8.
9. When you smell a potpie cooking, what do you think of? Warmth, nourishment, and family—
10. all baked up in a rich and savory sauce. These are the reasons I started making potpies many
11. years ago. For much longer than I've been a chef, I've been a wife and a mother. I was always
12. looking for nutritious and filling foods that would appeal to my husband and son. I could serve
13. the pies up fresh, or make them ahead of time and freeze them. When my family had them for
14. dinner in my absence, I was there in spirit: a warm and loving presence in pie form.

15.
16. Family is my first passion, but you can see a progression of my personality and other passions in the
17. rest of the recipe for Lobster Potpie. The puff pastry crust, for instance, puts a modern twist on the
18. traditional potpie. It is also crispy and flaky (read into those personality traits what you will) and its
19. golden glaze attests to my love of butter. Lobster represents my great love of the ocean and beaches
20. (my husband has even trapped Pacific lobsters off the coast of Dana Point, very near where we
21. live), but also my appreciation for fine dining. Oh, and we all know about lobster and butter ... did
22. I mention I love butter? The veggies I use are fresh and fragrant and shine in their own right; I'd
23. like to think I do the same. Finish off the sauce with Pernod (let's call it refined and pungent—in a
24. good way).

25.
26. My many passions went into my Lobster Potpie recipe, and that love shines through in its rich,
27. buttery goodness. I first concocted this dish while in culinary school when I was handed a live
28. lobster and given two hours to create something fantastic. I achieved a perfect score, but better
29. yet, almost brought my French instructor to tears.

30.
Yes, food tells stories to all of our senses, and the Lobster Potpie has a pieography to convey.
The words I've used are only the beginning of what the pie has to say about Chef Sarah: warm,
nourishing, traditional yet modern, crispy and flaky, fresh, refined. I am complex like the
blending of textures and flavors in this entrée, and the story this pie paints ... is a picture of me.

Lobster Potpies in Puff Pastry Cups

makes six 4-inch pies

Pie Topping

- 3 cups fumet/fish stock
 - 2–3 fresh lobster tails, yielding 1 lb. of meat
 - 1 cup frozen peas
 - 1½ cups leeks, dice small
 - 1 cup fennel, dice small
 - 1 cup celery, dice small
 - 8 TB. unsalted butter, divided
 - ⅓ cup all-purpose flour
 - 3 TB. Pernod
 - Salt and pepper
 - ¼ cup flat leaf parsley, finely chopped + sprigs
 - 3 sheets frozen puff pastry, 9" x 9" each
 - 1 egg, for egg wash
1. Simmer fumet/stock in large saucepot, add lobster tails, and cook for 7–8 minutes. Remove tails and let cool, remove shells.
 2. Add shells back to simmering stock. Simmer on low for about 20 minutes. Strain stock and reserve.
 3. Chop lobster meat in small chunks. Place in mixing bowl, add frozen peas, set aside.
 4. Sauté leeks, fennel, and celery with 6 tablespoons of butter in a large sauce pan on medium heat until they are translucent, 8–10 minutes.
 5. Add flour and cook on low heat for 5 more minutes, stirring occasionally to cook out flour flavor.

6. Deglaze pan with Pernod. Be careful, this may flame up.
7. Slowly add stock, 1 cup at a time. Simmer for 5 minutes to cook out alcohol.
8. Add last 2 tablespoons of butter. Season with salt and pepper to taste, add chopped parsley.
9. Pour sauce over lobster and pea mixture, and taste for proper seasoning. Keep warm and set aside.

Puff Pastry Cups (Vol au Vent) and Assembly

1. Preheat oven to 425°F.
2. Slightly thaw sheets of frozen puff pastry, not too much, just enough to cut dough.
3. Using a 4" and 3" round pastry cutter, cut twelve 4" circles from dough. Take 6 rounds and cut 3" rounds, leaving a small ring of dough. Place this on top of other six 4" rounds. Place in freezer for 10–15 minutes on parchment lined baking sheet.
4. Egg wash each one and bake for 15–20 minutes until golden brown. They should puff up into pastry cups. Push middle down if it pops up, and fill with lobster mixture.
5. Garnish with parsley sprigs. Serve at once.



