

Homespun Pot Pie (serves 6)

Ingredients for Vegetables:

- 1 tbsp vegetable oil
- 3 cups chopped onions
- 2-3 garlic minced cloves
- 1 tsp salt
- 1 tsp thyme
- 1 tsp marjoram
- 4-5 cups sliced mushrooms
- 1 tbsp Dijon mustard
- 2 cups peeled and chopped sweet potatoes
- 2 cups chopped potatoes
- 1 cup chopped parsnips
- 1/2 tsp black pepper
- 3 cups vegetable stock or water
- 3 tbsp cornstarch, dissolved in 1/2 cup of cold water
- 1 cup frozen peas
- 1 cup frozen corn
- 1 tbsp soy sauce
- 1/2 tsp salt

Preheat the oven to 400 degrees. Lightly oil a 9 x 13 inch casserole dish.

Warm the oil in a soup pot. Add the onions and garlic, cover and cook on medium heat for 10-12 minutes, stirring occasionally. Add the salt, thyme, marjoram, mushrooms and mustard. Cook until the mushrooms start to release their juices (5 minutes).

Add the sweet potatoes, white potatoes, parsnips, pepper and stock and bring to a boil. Reduce the heat, cover and simmer for 15-20 minutes, until the vegetables are just tender. Stir the dissolved cornstarch mixture into the simmering vegetables, stirring constantly. When the liquid starts to thicken, mix in the peas, corn, soy sauce and salt. Pour the vegetables into the prepared casserole dish and set aside.

Ingredients for Biscuit Topping:

- 2 cups unbleached white flour
- 1/2 tsp salt
- 1 tbsp baking powder
- 1/2 tsp baking soda
- 6 tbsp melted butter
- 1 cup buttermilk or plain yogurt
- 1 tsp dill

In a mixing bowl, sift together the flour, salt, baking powder and baking soda. In a separate bowl, mix together the melted butter and buttermilk. Combine the wet and dry ingredients with as few strokes as possible to make a soft dough. Drop the biscuit batter over the vegetables in the casserole dish in 6 equal mounds. Sprinkle the dill over the biscuits.

Bake for 20-30 minutes, or until a toothpick inserted into the center of a biscuit comes out clean. Serve immediately.