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by Liz Robb

Recipe: Balmoral Chicken With Peppercorn Sauce

Ingredients

4 chicken breasts
200g haggis
Salt and black pepper
Olive oil
Butter
4 large potatoes
A medium swede
4 carrots
A splash of milk
2 shallots
100ml good chicken stock
250ml low fat double cream
2 teaspoons of black peppercorns

Servings
4
Person

Preparation

1. Skin the chicken breasts and slice across, without cutting right through, to make pockets. Slice the haggis and stuff 50g of it into each pocket then seal with cocktail sticks. Leave to chill in the fridge.
2. Preheat the oven to 180 degrees or 160 degrees fan oven.
3. Lightly brush a baking tray with olive oil.
4. Heat a knob of butter and a tablespoon of olive oil in a heavy bottomed frying pan, then brown the chicken in the pan for 4 minutes on each side. Lift out onto the warmed oven tray, season with salt and black pepper and cook for about 20 minutes.
5. For the "tatties", peel the potatoes, cut into chunks and cook in boiling water until tender. Drain, steam dry for a minute or two then mash until smooth with a splash of milk and a knob of butter.
6. For the "neeps", peel and julienne the swede and carrots, and steam until tender.
7. For the sauce, peel and finely chop the shallots and gently cook in a little oil and butter for about 5 minutes, until soft but not brown. Blend into a paste. Gradually stir in the hot chicken stock and the cream.
8. Crush the black peppercorns and add them to the sauce. Simmer gently for 7-8 minutes, stirring occasionally, then season to taste with salt. Just before serving, stir in a knob of butter.

Cooks Note

A traditional Scottish dish of haggis stuffed chicken with a black peppercorn sauce, perfect for a burns night supper when served with "Tatties and Neeps." This dish is often served with the chicken wrapped in smoked bacon and with a whisky sauce, but I think that this version is equally delicious. If you prefer not to eat traditional haggis, some supermarkets now sell a vegetarian version.