

# Recipe card



**METROPOLITAN**

**Grilled chicken breast,  
haggis, neeps and tatties  
tower, stem broccoli, whisky  
& peppercorn sauce**

**Whisky and Peppercorn Sauce:**

2 tbsp vegetable oil  
1 tbsp butter  
1 small onion or shallot finely chopped.  
500ml double cream  
250ml beef stock  
75ml whisky of your choice  
20g pink peppercorns  
Sea salt and freshly ground white pepper.

Heat the butter and oil in a saucepan. Add in the onion/shallot and cook until soft. Add in the whisky, then carefully light the pan liquid to burn off the alcohol. When the flame is out, add the beef stock, pink peppercorns, and double cream. Allow the sauce to cook over a medium heat. Slightly increase the heat until the sauce starts to reduce and continue to cook for 6-8 minutes. Remove the pan from the heat and season, to taste,

with salt and freshly ground white pepper.

### Haggis, Neeps and Tatties Tower:

450g haggis

400g neeps, cooked and mashed.

400g mashed potato

2 empty tin cans or ovenproof cooking rings

Preheat the oven to 175°C. Set out some cooking rings for stacking the ingredients or use an empty tin can and use a can opener to open both ends. Brush the inside with a little oil. Fill the bottom with 2 – 3 cm of haggis. Slice the haggis to the right thickness and then use the tin or cooking rings as a cutter. Place the ring on a baking tray. Add a layer of cooked turnip, followed by a layer of mash potato. Repeat for the other ring. Place the rings in the oven for about 20-25 minutes or until piping hot. Remove from the oven. Using a knife, carefully slide around the edge of the cylinder, removing the stack.

### Stem Broccoli:

3 pieces of stem broccoli

Pinch of salt

Cut off the first centimetre off the bottom of the broccoli. Bring a pan of water to the boil, add the salt. Put the broccoli in the water and cook for 4 mins.

### Grilled Chicken Breast:

1 chicken breast with skin on neatly trimmed.

1 tsp veg oil.

Salt and pepper

Knob of butter

Pre heat oven to 180c. Put a griddle pan on the heat until very hot. Put the oil, salt and pepper in a small plate and rub on both sides of the chicken. Put the chicken on the griddle skin side down first for 1.5 minutes then the same the other side. (be careful as it will spit a little) put the chicken on a baking tray skin side up with the knob of butter and bake in the oven for 20 minutes.