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Topic: recipes to share

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Poached rolled chicken with mango and chilli chutney

Impress your guests with this gourmet poached rolled chicken filled with mango, pistachio and chilli.

CAPABLE COOKS

Poached rolled chicken with mango and chilli chutney
delicious.

Recipe by Valli Little

Ingredients

1/2 bunch flat-leaf parsley, finely chopped
2 long red chillies, seeds removed, finely chopped, plus extra to serve
2 x 400g double chicken breasts
2 mangoes, peeled, chopped, plus extra thinly sliced mango to serve
1/3 cup (55g) pistachios, toasted, chopped

Mango and chilli chutney - makes 375ml

1kg mangoes, peeled, chopped
50g ginger, chopped
2 long red chillies, seeds removed, chopped
1 cup (220g) caster sugar
1 cup (250ml) cider vinegar

This is a very good recipe very tasty

Make mango and chilli chutney: Place all the ingredients in a saucepan over low heat, stirring until the sugar dissolves. Cook, stirring occasionally, for 40 minutes or until thick. Pour into sterilised jar and seal. Invert jar to create a sterile seal. Cool.

Step 2

Combine the parsley and chilli in a bowl, then set aside.

Step 3

Place chicken between two pieces of plastic wrap and lightly beat with a rolling pin until 1cm thick. Place another 50cm length of plastic wrap on a work surface. Place a quarter of the parsley mixture on the centre of the plastic wrap, spreading it out to the size of the chicken breast. Lay one breast on top. Season, then sprinkle over a quarter of the parsley mixture and half the mango and pistachio. Use the plastic wrap to roll up breast from the longest end to form a log shape. Tie ends of plastic wrap to secure. Repeat with remaining chicken breast, parsley mixture, mango and pistachio.

Step 4

Wrap each of the rolls in foil, twisting ends to secure. Place in a large saucepan over medium heat and cover with cold water. Bring to a simmer, then reduce heat to medium-low and cook for 30 minutes. Using tongs, carefully remove rolls from pan and place in a bowl of iced water for 15 minutes. Drain and chill overnight.

Step 5

The next day, carefully unwrap the rolls and thickly slice into 3cm rounds. Serve with extra mango, sliced chilli and mango and chilli chutney.

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Enjoy 