

## Milford Chicken

sautéed new potatoes and autumn greens  
Ampleforth apple and brandy sauce

Serves 2

### Ingredients

2 Milford chicken breasts  
200g new potatoes  
200g autumn greens (sugar snap peas, broad beans and savoy cabbage)  
100ml reduced beef stock  
50g Ampleforth apples  
30ml Brandy  
30g shallots  
50g butter

### Method

Place the potatoes in a pan then cover with water and season with salt, bring to the boil and cook for 10-15 minutes or until you are able to push the blade of a small knife through without any resistance, drain the potatoes and cut them in half.

In a hot wok or frying pan melt some butter then add the potatoes, season to taste. Shake the wok frequently for 3 to 4 minutes until the potatoes start to brown at the edges.

Reserve to one side

Boil some water in a pan with a touch of salt, add the autumn greens and cook for 3 minutes then refresh straight away in ice water.

NB: it is very important to refresh any green vegetables in ice water after cooking them to cool them down very quickly therefore keeping them bright green.

Melt some butter in a hot wok or frying pan, add the autumn greens season to taste and stir thoroughly for 30 seconds.

Heat a knob of butter in a sauce pan, sauté the chopped shallots and diced Ampleforth apples for 1 to 2 minutes, flambé with the brandy and add the reduced beef stock leave it on low heat to infuse for a few minutes.

### To assemble the dish

Place a frying pan on high heat and leave to heat up for a couple of minutes with a knob of butter, place the chicken breast skin side down first and leave to cook for 1 minute then turn over and cook for another minute, place in the oven at 180°C and cook for 10-12 minutes or until cooked through. Take out of the oven and leave to rest for a couple of minutes.

Place the autumn greens to the right of a large plate, and the sautéed potatoes to the left next to it, carve the chicken breast and place over the autumn greens and finish the dish by spooning the Ampleforth apple and brandy jus around the food.

Enjoy!!!!