

# Stoved Howtowdie

This is a typical Scottish dish, pronounced “STOA-vit Hoe-TOE-dy”, though the name comes from the old French *huteauveau*, a young chicken. It is stuffed with *skirlie*, whose name is said to suggest the noise which the suet makes as it sizzles in the pan, reminiscent of the bagpipes (what imagination).

This recipe serves 6.

## Ingredients

a 1.5kg roasting chicken	2 medium onions, finely chopped
50g butter	100g medium oatmeal
18 small shallots	0.5 tsp coarsely ground coriander
2 cloves freshly grated nutmeg	0.5 tsp ground mace
1 chicken liver, finely chopped	grated nutmeg to taste
150ml double-concentrate chicken stock	400g young spinach
50g beef suet, chopped	6 poached eggs

## Method

- To make the skirlie, heat the suet in a frying pan then add the onions and brown well. Add the oatmeal, seasoning and spices, then fry until the oatmeal is crunchy and brown.
- Stuff the prepared chicken and tie it up.
- Melt the butter in a frying pan then add the chicken and colour well. Remove and add the shallot, then cook for 7-10 minutes.
- Place the chicken, shallots and spices into a casserole dish then pour on the boiling stock, cover with a lid and cook in the oven at 160°C for 90 minutes.
- Meanwhile sweat down the picked spinach, season and set aside.
- Poach the eggs then refresh and trim if necessary.
- Bring the stocks to the boil then add the chopped liver and adjust the seasoning.
- Remove the chicken from the pot, rest for 10 minutes then carve.
- Serve the chicken on a bed of spinach with the warmed poached egg.
- The sauce may be made by reducing the cooking liquid as necessary then cut with hard butter to enrich, then add the livers.