

Scotch Eggs

8 - Eggs
500 gram Pork Sausage Meat (Fine to Medium ground)
1 Tsp. Dried Sage
1/2 Tsp. Dried Thyme
1 Pinch Cayenne Pepper
1/2 Tsp. Freshly Ground Black Pepper
4 Tbsp All Purpose Flour
125 gram Fresh Bread Crumbs (White)
- Vegetable Oil, for frying

- ☐ Bring large pan of water to boil. Cook 6 of the eggs for 4-5 minutes until they are medium to hard-boiled. Drain and rinse under cold water to keep yokes from discolouring. Peel and set aside.
- ☐ Beat the remaining 2 eggs together in a bowl and set aside.
- ☐ In a bowl, mix together the sausage meat, sage, thyme and black pepper until well combined.
- ☐ Divide the sausage mixture into 6 portions. Roll each portion into a ball and then flatten out to form a thin patty.
- ☐ Wrap each sausage patty around an egg. Smooth out the joints to ensure there is no egg showing.
- ☐ Roll the scotch eggs in the flour, dip in the beaten egg and then roll in the bread crumbs to coat evenly.
- ☐ Dip the scotch eggs a second time in the beaten egg and then roll in the bread crumbs again.
- ☐ Half fill a deep, heavy based pan with the vegetable oil and heat to 450 F (170 C), **Caution....hot oil can be dangerous. Do not leave untended.**
- ☐ Fry scotch eggs for 4-5 minutes, turning the eggs occasionally, or until golden brown all over and cooked through.
- ☐ Remove eggs from oil with slotted spoon and drain on paper towels or rack.
- ☐ Scotch eggs can be served immediately or refrigerated and served cold. Traditionally cut in half and served with Branston Pickle.

Yield: 6 scotch eggs. Serves 6

Comments: 1) Great for picnics. Would be an unusual treat for a pot luck.
2) Can be served as an appetizer (cut in halves or quarters).