



Kabocha Squash Scotch Eggs

 Vegetarian  Dairy Free

READY IN



110 min.

SERVINGS



6

CALORIES



3069 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 large eggs
- 0.5 cup flour all-purpose
- 2 pounds kabocha squash peeled seeded cut into 1-inch pieces
- 6 servings kosher salt
- 1.5 cups panko bread crumbs
- 2 teaspoons miso paste red
- 6 servings sriracha for serving
- 8 ounces sweet potatoes and into peeled cut into 1-inch pieces

- 2 quarts vegetable oil

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- oven
- whisk
- wire rack
- plastic wrap
- potato masher
- spatula
- rolling pin
- slotted spoon
- dutch oven
- candy thermometer

Directions

- Heat the oven to 425°F and arrange a rack in the middle. Arrange the squash and sweet potato pieces in a single layer on a baking sheet and drizzle with 1 tablespoon of the oil. Season generously with salt and toss to combine. Roast for 10 minutes. Using a flat metal spatula, stir the vegetables, scraping them up from the pan and spreading them back into an even layer. Continue roasting until the pieces are just fork tender, about 10 to 15 minutes more (do not overcook).
- Transfer to a large bowl, add the miso, and mash with a potato masher until completely smooth. (You should have about 4 cups of squash mixture.) Stir to evenly combine and set aside to cool to room temperature. Meanwhile, boil the eggs.
- Place 6 of the eggs in a medium saucepan (they should fit in a single layer).

- Add enough cold water to cover the eggs by 1 inch. Bring the water to a boil over high heat, then remove the pan from the heat. Cover it with a tightfitting lid and let the eggs sit in the hot water for 3 minutes. Meanwhile, prepare an ice water bath by filling a large bowl halfway with ice and water. When the eggs are ready, transfer them to the ice water bath using a slotted spoon.
- Let the eggs sit until they're cold, about 10 minutes. Carefully crack and peel each egg. (It's OK if your eggs aren't perfectly peeled.) Rinse the eggs under cold water to remove any residual shell pieces and pat them dry with paper towels.
- Place them on a rimmed baking sheet and set aside. Crack the remaining 2 eggs into a medium bowl, season with salt and pepper, and lightly whisk with a fork to break them up; set aside.
- Place the flour in a shallow dish, season with salt and pepper, and stir to combine; set aside.
- Place the panko in a second shallow dish; set aside. Divide the cooled squash mixture into 6 even portions, roll each into a ball, and place on the baking sheet with the eggs. Line a work surface with plastic wrap and have a second sheet of plastic wrap ready.
- Place 1 ball of squash mixture in the middle of the plastic wrap on the work surface and cover with the second sheet of plastic wrap. Using a rolling pin, roll the squash mixture into an oval patty about 6 by 4 1/2 inches in size. Peel off the top sheet of plastic wrap and set it aside.
- Place a boiled egg in the center of the patty. Gently pull the edges of the bottom plastic wrap up to enclose the egg in the squash patty. Pick up the squash-wrapped egg and use your hands to gently smooth out the surface and patch any holes, making sure the egg is completely and tightly encased in the squash mixture. Return the egg to the baking sheet and repeat with the remaining squash and boiled eggs. Dredge 1 squash-enclosed egg in the flour. Next, dip it in the beaten eggs, letting the excess drip off. Finally, roll it in the panko until well coated, then gently press to adhere the coating. Return the egg to the baking sheet. Repeat with the remaining eggs.
- Heat the remaining oil in a Dutch oven or a large, heavy-bottomed pot over medium-high heat until it reaches 350°F on a deep-frying/candy thermometer. Set a wire rack over a baking sheet; set aside. When the oil is ready, add 2 of the eggs. Fry, turning occasionally, until they're golden brown, about 2 minutes. Using a slotted spoon, remove the eggs to the wire rack. Repeat with the remaining eggs. To serve, cut each egg in half and season the cut sides with salt.
- Serve warm with Sriracha drizzled over the top.

Nutrition Facts



■ PROTEIN 1.76% ■ FAT 93.07% ■ CARBS 5.17%

Properties

Glycemic Index:32.33, Glycemic Load:9.75, Inflammation Score:-10, Nutrition Score:29.545652182206%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 3068.97kcal (153.45%), Fat: 323.02g (496.96%), Saturated Fat: 50.46g (315.38%), Carbohydrates: 40.33g (13.44%), Net Carbohydrates: 35.86g (13.04%), Sugar: 6.24g (6.93%), Cholesterol: 248mg (82.67%), Sodium: 502.55mg (21.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.76g (27.53%), Vitamin K: 584.27µg (556.45%), Vitamin E: 26.8mg (178.68%), Vitamin A: 7791.37IU (155.83%), Selenium: 28.75µg (41.07%), Vitamin B2: 0.54mg (31.65%), Manganese: 0.59mg (29.46%), Folate: 107.28µg (26.82%), Vitamin C: 19.58mg (23.73%), Vitamin B6: 0.46mg (22.75%), Potassium: 793.5mg (22.67%), Phosphorus: 223.73mg (22.37%), Vitamin B1: 0.33mg (22.02%), Iron: 3.6mg (19.98%), Fiber: 4.47g (17.87%), Vitamin B5: 1.74mg (17.44%), Copper: 0.27mg (13.71%), Vitamin B3: 2.64mg (13.23%), Calcium: 121.29mg (12.13%), Magnesium: 48.33mg (12.08%), Zinc: 1.63mg (10.89%), Vitamin B12: 0.65µg (10.79%), Vitamin D: 1.33µg (8.89%)