



Scotch egg pie



Dairy Free



Popular

READY IN



90 min.

SERVINGS



6

CALORIES



1013 kcal

Ingredients

- ☐ 8 medium eggs
- ☐ 14 sausage
- ☐ 1 tsp mace
- ☐ 1 tbsp thyme leaves
- ☐ 100 g breadcrumbs fresh
- ☐ 500 g pastry crust
- ☐ 1 tbsp sesame seed

Equipment

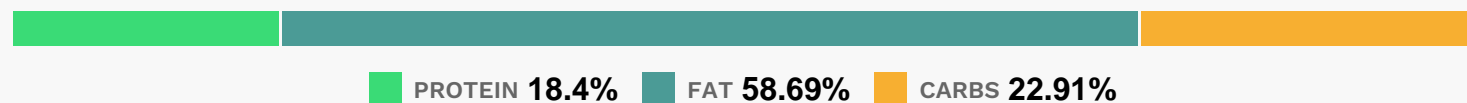
- ☐ frying pan

- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ baking pan
- ☐ cake form

Directions

- ☐ Put 6 of the eggs in a large pan of cold water. Bring to the boil, then remove from the heat. Leave for 5 mins, then lift out eggs and cool under cold running water. Peel.
- ☐ Snip the ends of the sausages and squeeze the meat out into a mixing bowl.
- ☐ Add the mace, thyme, 75g of the breadcrumbs, 1 remaining egg and some ground pepper, and mix together well youll probably need to get your hands in.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Criss-cross 2 long strips of baking parchment in a 20cm pie tin or round cake tin (to help you lift out the pie).
- ☐ Roll out half the pastry on a lightly floured surface to line the tin. Scatter remaining breadcrumbs over the base of the pastry, then pat in about a quarter of the sausage mixture. Evenly space the peeled eggs on top, then gently pack the meat around and over trying to evenly cover the eggs without leaving any gaps.
- ☐ Roll out remaining pastry, cover the pie, then trim the edges. Pinch and crimp edges to seal, poke a steam hole in the top, then glaze with the final egg, lightly beaten with a fork. Scatter with the sesame seeds, then bake for 30 mins.
- ☐ Remove the pie from the oven and carefully remove it from the tin.
- ☐ Place on a baking tray and return to the oven for 10 mins to brown the sides of the pie.
- ☐ Transfer to a wire rack to cool, then serve in chunky wedges.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:16.17, Inflammation Score:-8, Nutrition Score:29.530435074931%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg

Nutrients (% of daily need)

Calories: 1012.95kcal (50.65%), Fat: 64.94g (99.9%), Saturated Fat: 20.84g (130.27%), Carbohydrates: 57.03g (19.01%), Net Carbohydrates: 54.3g (19.75%), Sugar: 1.4g (1.56%), Cholesterol: 361.04mg (120.35%), Sodium: 1869.7mg (81.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.81g (91.62%), Vitamin B1: 1.19mg (79.61%), Vitamin B3: 13.96mg (69.82%), Selenium: 42.15µg (60.22%), Vitamin B2: 0.87mg (51.29%), Phosphorus: 484.89mg (48.49%), Iron: 7.17mg (39.83%), Zinc: 5.85mg (39.03%), Vitamin B6: 0.77mg (38.41%), Vitamin B12: 2.27µg (37.77%), Manganese: 0.64mg (31.87%), Folate: 122.92µg (30.73%), Vitamin B5: 2.58mg (25.79%), Vitamin D: 3.75µg (25.01%), Potassium: 682.6mg (19.5%), Copper: 0.37mg (18.73%), Magnesium: 62.07mg (15.52%), Calcium: 110.43mg (11.04%), Fiber: 2.73g (10.92%), Vitamin A: 523.38IU (10.47%), Vitamin E: 1.08mg (7.18%), Vitamin C: 3.32mg (4.02%), Vitamin K: 4.15µg (3.95%)