



## Scotch eggs

 Dairy Free

READY IN



110 min.

SERVINGS



9

CALORIES



847 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 12 large eggs
- ☐ 800 g sausage
- ☐ 5 tbsp curly-leaf parsley finely chopped
- ☐ 2 tsp worcestershire sauce
- ☐ 2 tsp dijon mustard english
- ☐ 2 tsp mace
- ☐ 12 bacon smoked
- ☐ 85 g flour plain

- ☐ 140 g breadcrumbs dried
- ☐ 1 litre vegetable oil for frying
- ☐ 9 servings bread for testing oil

## Equipment

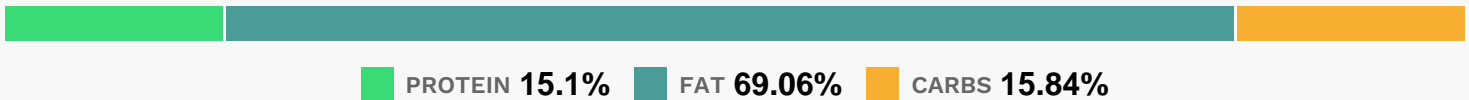
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ slotted spoon
- ☐ kitchen timer
- ☐ tongs

## Directions

- ☐ Put 9 eggs into a large saucepan. Cover with cold water and bring to the boil. Once boiling, set the timer for 5 mins. When 5 mins is up, quickly lift the eggs out with a slotted spoon and plunge into a big bowl of cold water.
- ☐ Put the sausagemeat, parsley, Worcestershire sauce, mustard powder and mace into a bowl with plenty of seasoning. Break in 1 of the remaining eggs and mix everything together.
- ☐ Crack remaining 2 eggs into a bowl, beat with a fork, then sieve onto a plate. Tip the flour onto another plate and season well. Finally, tip the breadcrumbs onto a third plate.
- ☐ Bring a large saucepan of water to the boil. Drop in the bacon rashers, turn off the pan and fish out the bacon with a pair of tongs it should be just cooked.
- ☐ When the eggs are cool, tap lightly on a hard surface to crack the shell, then peel (Picture A). If you hold the eggs over the bowl of water as you peel, all the shell bits will collect in there and you can dip in the egg to wash off any fragments. Wrap a slice of bacon around the middle of each egg, overlapping, like a belt (Picture B).
- ☐ Now finish coating the eggs. I set up the ingredients along my bench like a conveyer belt: eggs, then flour, mince, beaten egg and finally breadcrumbs, plus a baking parchment-lined tray at the end to put the finished scotch eggs on.

- Roll your bacon-wrapped eggs in the flour, shaking off excess. Take a good chunk of mince and pat out to thinly cover one hand. Sit the egg on the meat (Picture C), then mould over the mince to cover, squeezing and patting so it is an even thickness. Youll probably have a gap (depending on how big your hands are just patch and pat with a bit more mince). Dip in the egg, shaking off the excess, then roll in the breadcrumbs to coat, and transfer to your tray. Repeat to cover all 9 eggs, then cover with cling film and chill for 4 hrs or overnight.
- To cook, pour the oil in a large, deep saucepan to about 4cm deep.
- Heat until a small chunk of bread browns in about 1 min. Carefully lower in a scotch egg and fry for about 5 mins, turning gently, until evenly browned. Depending on your pan, you can probably do 2-3 at a time, but dont overcrowd. Lift out onto a kitchen paper-lined tray. (If you like your scotch eggs warm, pop them into a low oven while you fry the rest.) keep an eye on the oil if the scotch eggs start browning too quickly, the oil might be too hot and you risk the pork not being cooked before the scotch egg is browned. If the oil gets too cool, the scotch egg may overcook before it is browned. enjoy warm or cold; best eaten within 24 hrs of frying.Watch our scotch egg video for an easy to follow tutorial.

## Nutrition Facts



## Properties

Glycemic Index:21.52, Glycemic Load:12.38, Inflammation Score:-6, Nutrition Score:25.240869667219%

## Flavonoids

Apigenin: 4.55mg, Apigenin: 4.55mg, Apigenin: 4.55mg, Apigenin: 4.55mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 847.18kcal (42.36%), Fat: 64.5g (99.23%), Saturated Fat: 17.37g (108.57%), Carbohydrates: 33.28g (11.09%), Net Carbohydrates: 31.06g (11.3%), Sugar: 3.14g (3.49%), Cholesterol: 331.36mg (110.45%), Sodium: 1213.94mg (52.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.73g (63.45%), Vitamin K: 75.27µg (71.69%), Selenium: 41.57µg (59.38%), Vitamin B1: 0.7mg (46.38%), Vitamin B3: 8.61mg (43.04%), Phosphorus: 368.67mg (36.87%), Vitamin B2: 0.62mg (36.6%), Manganese: 0.58mg (28.83%), Iron: 4.73mg (26.27%), Vitamin B6: 0.52mg (26%), Vitamin B12: 1.55µg (25.83%), Zinc: 3.75mg (25.01%), Folate: 93.55µg (23.39%), Vitamin B5: 2.15mg (21.47%), Vitamin E: 2.76mg (18.39%), Vitamin D: 2.61µg (17.37%), Potassium: 474.71mg (13.56%), Vitamin A: 620IU (12.4%), Calcium: 116.98mg (11.7%), Magnesium: 46.06mg (11.51%), Copper: 0.23mg (11.44%), Fiber: 2.22g

(8.88%), Vitamin C: 3.74mg (4.53%)