



Scotch Eggs with Mustard Sauce

READY IN



50 min.

SERVINGS



6

CALORIES



762 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound bulk pork sausage
- ☐ 8 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons tarragon fresh chopped
- ☐ 1 juice of lemon
- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 0.5 cup mayonnaise low-fat
- ☐ 0.3 cup milk

- ☐ 1 cup panko breadcrumbs
- ☐ 3 tablespoons mustard stone-ground
- ☐ 4 cups vegetable oil for frying
- ☐ 2 tablespoons distilled vinegar white

Equipment

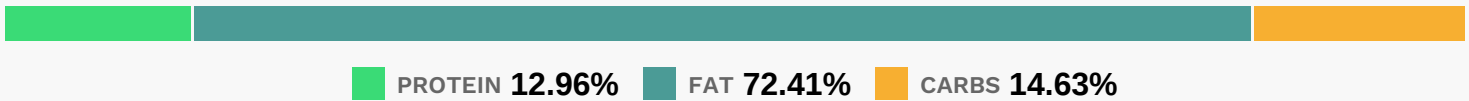
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ stand mixer
- ☐ slotted spoon

Directions

- ☐ Place 6 eggs in a medium saucepan and cover with cold water.
- ☐ Add the vinegar and bring to a boil, then remove from the heat, cover and set aside 4 minutes. Meanwhile, fill a bowl with ice water. Using a slotted spoon, remove the eggs and immediately plunge into the ice water to stop the cooking; let sit 2 minutes. Gently peel the eggs and set aside.
- ☐ Combine the sausage, herbs and one of the remaining eggs in a stand mixer fitted with the paddle attachment.
- ☐ Mix on medium speed until combined, about 3 minutes. With moistened hands, mold the sausage mixture around the cooked eggs to completely cover.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Heat about 3 inches of grapeseed oil in a small high-sided saucepan over medium-high heat until a deep-fry thermometer reads 325 degrees F (or until a pinch of panko sizzles in the oil). Season the flour with 1/2 teaspoon each salt and pepper in a shallow dish. Beat the remaining egg with the milk in another shallow dish.
- ☐ Put the panko in a third shallow dish.
- ☐ Roll the sausage-covered eggs in the seasoned flour, shaking off the excess.

- ☐ Transfer to the egg–milk mixture and turn to completely coat.
- ☐ Let the excess egg drip off, then roll in the panko.
- ☐ Fry the eggs until golden brown, about 3 minutes.
- ☐ Remove to a baking sheet, transfer to the oven and bake until the sausage is cooked through, 10 to 12 minutes.
- ☐ Mix the mayonnaise, mustard and lemon juice in a small bowl.
- ☐ Serve with the Scotch eggs.
- ☐ Photograph by Andrew Purcell

Nutrition Facts



Properties

Glycemic Index:54.17, Glycemic Load:12.42, Inflammation Score:–6, Nutrition Score:22.733478276626%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 761.96kcal (38.1%), Fat: 61.11g (94.02%), Saturated Fat: 14.22g (88.88%), Carbohydrates: 27.77g (9.26%), Net Carbohydrates: 26.21g (9.53%), Sugar: 2.32g (2.58%), Cholesterol: 306.64mg (102.21%), Sodium: 1085.97mg (47.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.6g (49.21%), Vitamin K: 86.71µg (82.58%), Selenium: 33.41µg (47.73%), Vitamin B1: 0.52mg (34.96%), Vitamin B2: 0.59mg (34.85%), Phosphorus: 302.92mg (30.29%), Vitamin B3: 5.78mg (28.92%), Iron: 4.45mg (24.72%), Vitamin E: 3.7mg (24.66%), Manganese: 0.48mg (24.07%), Folate: 91.61µg (22.9%), Vitamin B12: 1.33µg (22.1%), Vitamin B6: 0.44mg (21.87%), Zinc: 3mg (20.02%), Vitamin B5: 1.76mg (17.59%), Vitamin D: 2.43µg (16.19%), Vitamin A: 662.18IU (13.24%), Potassium: 436.81mg (12.48%), Calcium: 113.07mg (11.31%), Magnesium: 41.78mg (10.45%), Copper: 0.18mg (9.08%), Vitamin C: 5.43mg (6.59%), Fiber: 1.57g (6.27%)