



Smoked Scotch Eggs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 6 large eggs
- ☐ 1 teaspoon garlic powder
- ☐ 1 pound ground pork
- ☐ 12 servings ice water
- ☐ 67 barbecue rub
- ☐ 1 teaspoon salt

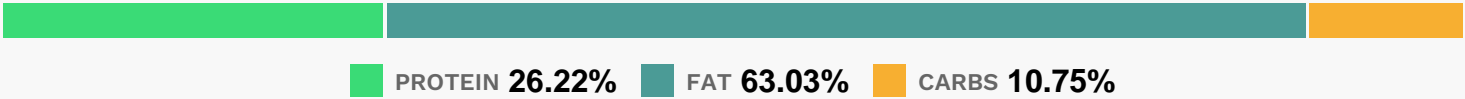
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ grill
- ☐ wax paper

Directions

- ☐ Put the eggs in a medium saucepan and cover with cold water.
- ☐ Let rest for 15 minutes to warm them up before cooking. (This will help keep them from cracking.) Over high heat, bring the eggs to a boil, rolling them around in the pot frequently. When the water begins to boil, start timing and cook for 2 minutes, continuing to roll the eggs around in the pan. (This will keep the yolks in the center.)
- ☐ Remove the eggs from the boiling water quickly and submerge them in ice water to stop the cooking. When the eggs are cool, peel them and refrigerate.
- ☐ Put the pork in a medium bowl and add the salt, pepper, garlic powder, and cayenne.
- ☐ Mix well and then divide the sausage into six equal portions. On waxed paper, flatten out one of the portions to a 4-inch circle. Top with an egg and wrap the sausage all around the egg, stretching as needed and sealing it completely. Do this with all the eggs and then season them liberally with the rub.
- ☐ Put the eggs on a pan lined with wax paper and refrigerate for 1 hour.
- ☐ Prepare your cooker to cook indirectly at 235°F using medium pecan wood for smoke flavor.
- ☐ Place the eggs on a grill topper or directly on the cooking grate and cook for 1 hour and 15 minutes, or until golden brown and firm to the touch.
- ☐ Transfer the eggs to a plate and let cool.
- ☐ Cut them in halves or quarters and serve with barbecue sauce for dipping.
- ☐ From Slow Fire: The Beginner's Guide to Barbecue by Ray "Dr. BBQ" Lampe. Text copyright © 2012 by Ray Lampe; photographs copyright © 2012 by Leigh Beisch. Published by Chronicle Books, LLC.

Nutrition Facts



Properties

Glycemic Index:5.75, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:10.583913041198%

Nutrients (% of daily need)

Calories: 153.68kcal (7.68%), Fat: 10.82g (16.65%), Saturated Fat: 3.95g (24.66%), Carbohydrates: 4.15g (1.38%), Net Carbohydrates: 3.45g (1.25%), Sugar: 0.28g (0.31%), Cholesterol: 120.22mg (40.07%), Sodium: 263.99mg (11.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.13g (20.26%), Vitamin K: 45.35µg (43.19%), Selenium: 17.45µg (24.93%), Manganese: 0.42mg (20.93%), Vitamin B1: 0.3mg (20.19%), Iron: 2.78mg (15.42%), Vitamin B6: 0.27mg (13.33%), Phosphorus: 126.62mg (12.66%), Vitamin B2: 0.21mg (12.63%), Vitamin B3: 1.83mg (9.16%), Zinc: 1.36mg (9.09%), Calcium: 83.12mg (8.31%), Vitamin B12: 0.49µg (8.12%), Vitamin B5: 0.64mg (6.4%), Magnesium: 25.6mg (6.4%), Copper: 0.12mg (6.19%), Vitamin A: 302.85IU (6.06%), Folate: 21.53µg (5.38%), Potassium: 187.25mg (5.35%), Vitamin D: 0.5µg (3.33%), Fiber: 0.71g (2.83%), Vitamin E: 0.35mg (2.35%), Vitamin C: 0.97mg (1.18%)