

# Scotch Eggs

## Scotch Eggs



- 20 oz mild Italian sausage (casing removed)
- 1 handful fresh chives (chopped)
- 1 handful fresh flat-leaf parsley (chopped)

- 1 tbsp spicy or English mustard
- $\frac{1}{2}$  tsp ground nutmeg
- 1 cup AP flour (for dusting, more or less)
- 150 g panko (or plain bread crumbs, more or less)
- 2 liters canola oil for frying (enough to fill pan 2 inches high)

1. Heat the oil in a deep pan to 350°F
2. In a mixing bowl, combine herbs with sausage meat, nutmeg, the mustard and a pinch of sea salt and black pepper. Mix together then divide into 6 balls.
3. Have 2 plates ready – one with the flour, one with the panko. Beat remaining 2 eggs in a bowl.
4. Flour your hands, then in the palm of one hand, flatten one of the sausage balls into a rectangle.
5. Roll a hardboiled egg in the flour then shape the sausage patty around the egg to completely encase it.
6. Dip the sausage encased egg in the beaten eggs, then roll in the flour and then the panko.
7. Fry the Scotch eggs for about  $3\frac{1}{2}$  minutes on each side or until golden brown. Drain on paper towels
8. Serve with more mustard and pickles.