



Scotch Eggs

INGREDIENTS - for 4 people

4 large eggs
6 skinned venison or pork sausages
Fresh breadcrumbs
Plain flour
1 beaten egg
Splash of milk
Handful of chopped chives or leeks (optional)
1 tsp chopped thyme (optional)
Tablespoon Dijon mustard (optional)
Seasoning
Oil for deep frying (I use olive oil or avocado oil)

METHOD

- Place the eggs in a pan of cold water and heat up. When it boils, turn off the heat and stand for 3 minutes for a soft yolk / 4 minutes for a firmer yolk / 5 minutes for a solid yolk
- Place the eggs in a bowl of iced water
- Mix the sausage meat with the mustard, thyme, seasoning, chopped chives (if using) and add a splash of water. Squash into 4 oval patties, roughly large enough to wrap around the egg, place on a plate and chill in the fridge for 15 mins
- Put the oil in a deep pan leaving a deep margin to avoid oil over-spill. Heat up to 180c . If you have a deep fat fryer, you can use this.

- Warm your oven to 140c
- Take the shells carefully off the eggs, remove the sausage from the fridge and place an egg in each round. Tear off a piece of cling film and place in the palm of your hand and place a sausage round and egg on top. Shape the meat gently around the egg to make a complete seal. Careful to have an even amount all round. Leave aside on a plate.
- Put the flour, breadcrumbs and beaten egg mixed with the milk into 3 separate dishes
- Roll each egg in flour, then the beaten egg, then the breadcrumbs
- Cook the eggs in the oil two at a time for 4 minutes
- Place on a grill rack over an oven tray and place in the oven to keep warm
- Serve immediately with salads and relishes (beetroot goes well) . These are perfect the next day for a cold lunch.'