



JERNEJ KITCHEN

SCOTCH EGG

Scotch egg is boiled eggs coated in sausage meat and fried until golden brown. This easy recipe takes just 30 minutes and is sure to impress.

MAKES	6	EGGS
PREPARATION:	15	MINUTES
COOK:	15	MINUTES
TOTAL TIME:	30	MINUTES

MEAT MIXTURE

- 600 g (1.3 pounds) sausage meat
- 1 tbsp chopped chives
- 1 tbsp chopped parsley
- 1 tsp dijon mustard
- 1/2 tsp grated nutmeg
- 1 tbsp water
- 6 eggs (at room temp)

FRYING

- 2 eggs
- 100 g (1 cup) all-purpose flour
- 150 g (1 1/4 cups) panko breadcrumbs
- 750 ml (3 cups) oil, for frying

TOOLS AND EQUIPEMENT

- kitchen knife
- cutting board
- bowl
- large plate
- [saucepan \(Tefal Duetto+ G7192255\)](#)
- three deep plates
- [Tefal Unlimited pan](#)

Sponsored

MEAT MIXTURE

Remove the skin from the meat and add it to a large bowl. Add a pinch of salt, a pinch of pepper, chopped chives, chopped parsley, dijon mustard, ground nutmeg, and water. Knead into a combined mixture. Shape into six large balls, then place on a large plate or baking sheet. Keep refrigerated until needed.

COOK THE EGGS

Pour water into a saucepan and place over medium-high heat. Bring to a boil, then dip the eggs into the water two times for a couple of seconds to prevent them from breaking. Boil the eggs for 6 minutes. Transfer the cooked eggs immediately to a bowl filled with cold water and ice to stop cooking. Gently peel the eggs when they are completely cold.

SCOTCH EGGS

Grab two sheets of parchment paper. Place the first sheet of paper on a working surface and grease lightly with oil. Add the meatballs on top, leaving much space between each ball. Place a second sheet of parchment paper on top and flatten each ball to get six discs, approx—15 cm (6 inches) in diameter. Add a hard-boiled egg to the center and wrap the egg with the meat. Gently roll in your hands to get a smooth texture. Place on a baking sheet and place in the fridge until needed.

PAN FRY

Get three deep plates. Add flour to the first plate, eggs to the second plate, and breadcrumbs to the third plate. Take the Scotch eggs from the fridge. Roll each one in flour, dip it in whisked eggs, and coat it in breadcrumbs.

PAN FRY

Add oil to a deep pan and place over high heat. When the oil reaches 165 °C / 330 °F, it's time for frying. Drop a few Scotch eggs into the pan and fry for 4 - 5 minutes or until the eggs are crunchy and golden brown.

SERVE

Serve the Scotch Egg warm or cold, we personally prefer them warm.