

THE BRITISH COOKBOOK



PHAIDON

SCOTCH EGG

SCOTLAND / ENGLAND

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To make this beloved bar and picnic snack, soft-boiled eggs are wrapped in a layer of sausage meat and a dusting of breadcrumbs, then fried until golden and crispy. They should be sliced in half then either eaten on their own, or with English mustard and a little chutney.

For something a little different, swap the sausage meat for an equal amount of black pudding or even Haggis.

There are several competing theories on where the Scotch Egg originates, and curiously the one thing agreed on most is that this dish is not Scottish in origin. That much is inconsequential now, though, as the name association alone has made it a proud part of Scottish cuisine.

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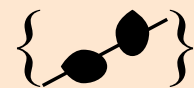
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Serves: 5

Prep time: 15 minutes

Cook time: about 30 minutes



- 1 tablespoon rapeseed (canola) oil
- 100 g/ 3½ oz white onion, diced
- 2 g/ ¼ teaspoon chopped thyme
- 2 g/ ¼ teaspoon chopped rosemary
- 300 g/ 11 oz sausage meat
- 150 g/ 5 oz (⅔ cup) minced (ground) pork shoulder
 - 10 g/ ¼ oz (2 teaspoons) wholegrain mustard
 - 10 g/ ¼ oz (2 teaspoons) Dijon mustard
 - 150 ml/ 5 fl oz (⅔ cup) apple cider

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- 5 large eggs
- 2 egg yolks
- 2 tablespoons full-fat (whole) milk
- 75 g/ 2¾ oz (½ cup plus 1 tablespoon)
plain (all-purpose) flour
- 200 g/ 7 oz (4 cups) fresh breadcrumbs
 - vegetable oil, for deep-frying
 - salt and pepper

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- * Heat the rapeseed (canola) oil in a large frying pan over a medium heat, add the diced onion, thyme and rosemary and cook for 7–10 minutes until softened. Transfer to a large bowl and leave to cool slightly, then add the sausage meat, minced (ground) pork shoulder, mustards and cider to the bowl. Season with a little salt and pepper and mix together. Cover with clingfilm (plastic wrap) and leave in the fridge overnight.
- * The next day, weigh the sausage mix into 5 x 100 g/ 3½ oz balls and set them aside.
- * Have a large bowl of iced water nearby. Fill a medium saucepan two-thirds full of water and bring to the boil. Carefully add the eggs and cook for 5½ minutes exactly, before putting them into the bowl of iced water to cool. Alternatively, cool them under cold running water. Peel the eggs, then form the sausage mix around the eggs, while maintaining its approximate shape.

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- * Put the egg yolks and milk into a shallow bowl and beat together, then put the flour into another shallow bowl, and the breadcrumbs into a third shallow bowl.
- * Cover each 'egg' in the flour, followed by the egg wash and finally the breadcrumbs. Dip once more into the egg wash before covering with a second layer of the breadcrumbs. Set side.
- * Preheat the oven to 180°C/ 350°F/ Gas Mark 4. Line a large baking sheet with baking (parchment) paper.
- * Heat enough vegetable oil for deep-frying in a large, deep saucepan or deep fryer until it reaches 180°C/ 350°F on a thermometer. Working in batches, carefully lower the Scotch eggs into the hot oil and deep-fry for 3–5 minutes until golden brown. Remove with a slotted spoon and arrange them on the prepared baking sheet. Bake in the oven for 8 minutes. Eat warm or cold.