

# Scotch Eggs



**You will need a container to take your Scotch eggs home in.**

## Ingredients:

200g Sausages with the Skins removed or 200g Sausage Meat

8 Slices of Bread

5 Eggs

Plain Flour: School Will Provide

## Method:

1. Preheat the oven to 180°C or Gas 5.
2. Half fill a saucepan with cold water and place at the back of the hob, bring the water to the boil.
3. Weigh and measure out all ingredients accurately.
4. Bring the saucepan of boiled water to the front of the hob, use a tablespoon to carefully add 4 of the eggs into the water. Place back on the heat and boil for 8 to 10 minutes.
5. Place the slices of bread in a food process and process until breadcrumbs are formed. Be careful when handling the blade.
6. Scatter the breadcrumbs evenly over a large piece of greaseproof paper.
7. Remove shells carefully from the 4 hardboiled eggs.
8. Place the flour on a plate, roll the eggs in the flour so they have an even coating.
9. Crack the fifth egg into a small bowl and beat with a fork.
10. Sprinkle flour onto the red chopping board using a flour dredger.
11. Divide sausage meat into 4 balls.
12. Flatten sausage balls into circles approximately 1cm thick.
13. Cover each hardboiled egg with sausage meat evenly, making sure that there are no cracks.
14. Roll the sausage meat in the small bowl with the beaten egg in it.
15. Roll each sausage meat coated egg in the breadcrumbs on the greaseproof paper and make sure each egg is evenly coated with a layer of breadcrumbs.
16. If you want a more even cover of breadcrumbs, dip the product in the beaten egg again and coat in more breadcrumbs.
17. Place eggs on a baking tray.
18. Bake in the oven for 20 to 30 minutes until the sausage meat has a core temperature of 75°C.



## Special Points:

- Ensure eggs are hard-boiled.
- Make sure the sausage meat fully covers the egg so that it does not crack and begin to fall apart.
- Ensure Scotch eggs are thoroughly cooked in order to avoid food poisoning from undercooked sausage meat.

## Adaptations:

- Add extra ingredients to the sausage meat to alter flavour and texture, for example: herbs, cheese, onions or tomato purée.
- Replace sausage meat with vegetarian alternatives, for example: Cheese potato mixture.