

Shuswap

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SCOTCH EGGS

I wanted to surprise my daughter this Thanksgiving weekend so made scotch eggs. In our house I'm the egg breakfast guy but don't do boiled eggs so that was my first lesson.

My scotch eggs are to have soft boiled eggs. I found three different ways to do this and opted for ½" boiling water with heat at medium high and a covered pot to steam the eggs for 6 minutes. Then plunge the eggs in ice water to stop them cooking and to ease removal of the shell. Worked like a charm.

I made Oddly's Cumberland sausage (see in recipes) for the meat. I divided the meat to the number of eggs but lost track and made an extra lot. That turned out to be a blessing as it got used up sealing the meat at the top of the egg. Second lesson.

Then the meat wrapped egg went into the flour then an egg dip and finally coated in Panko then into the fridge overnight.

Deep fried at 350F for 6 minutes then rested for 5 minutes. Plated and had daughter cut into hers- YES a soft boiled egg inside delicious sausage meat. A successful surprise made my day.



Recipe for Cumberland Sausage: <http://sausageswest.com/wp-content/uploads/2015/07/Cumberland-Sausage.pdf>