



Mini scotch eggs

You will need (for 12):

Scotch eggs

8 sausages

3 boiled eggs

Mayonnaise (optional)

Black pepper (optional)

Breadcrumbs

Flour

Beaten egg

Breadcrumbs

Slightly bigger appetite?

- Use 4 boiled eggs (whole not mashed!)
- Carefully wrap your sausage mix around the whole egg, before rolling in flour, beaten egg and breadcrumbs (just like the mini version)
- Extend the cooking time to approximately 45 minutes, to ensure the meat is fully cooked

Top tips

- Use flavoured sausages for different tastes
- Don't add too much egg or they'll be difficult to roll
- Stale bread works best for breadcrumbs, but you can also use crushed cornflakes or crisps!

Allergens

- Check the sausages for allergens (brands will vary)
- Egg
- Gluten (use gluten free flour / bread to coat the eggs)

To hard boil your eggs, place them in boiling water and simmer for approximately 5 minutes. Allow them to cool before removing the shell

Mash the egg in a bowl and season with black pepper to taste (optional). You may also wish to use a little mayonnaise to hold the egg together

Remove the sausages from their skins by slicing the skin with a sharp knife or scissors and peeling it away

Mash the sausages together using a fork (you can add in other flavours here, such as grated apple, chopped onion, herbs or spices)

Press a small amount of sausage mixture into the palm of your hand and place a little mashed egg in the middle

Carefully wrap the sausage meat around the egg, sealing any gaps with your fingers, to form a small ball

Repeat the process, until all of your ingredients have been used

Preheat the oven to 180°C

Roll each sausage ball in flour, whisked egg and breadcrumbs and place onto a baking tray

Bake for approximately 25 minutes, depending upon their size

These are delicious hot or cold and make a great addition to a picnic!

For more recipes, visit www.talkcommunitydirectory.org/cooking

