

Scotch Eggs.... REAL picnic food...

Impress your friends and whip out these very easy but very impressive scotch eggs Yummy yummy, to be served semi warm , or cold with hot steaming mugs of coffee.



Ingredients for the Scotch Eggs:

Any amount of eggs ,small size - room temperature

1.5 flavored uncooked pork sausage per egg, or well seasoned standard pork sausages

2 - 3 raw eggs , mixed in a cup with salt and pepper

fine bread crumbs

2 - 3 cups of canola or sunflower oil

NOTE: You need to use flavourful pork sausages.

If you can only find normal pork bangers, add finely chopped peppadews and herbs...

METHOD:

The eggs - add the room temperature eggs to the water and bring to the boil, boil for 3 minutes from when the water start to boil. Crack the shell and rest in cold water for a couple of minutes.

(I prefer to use the oldest eggs in my fridge as they peel easier,)

Peel the eggs, you want them as soft as possible. They need to be dry, once peeled, this helps with the "meat wrapping".

Push the pork meat out of the sausages and shape into meatballs , use the meat of 1.5 sausage per meatball. Press the meatball flat in the palm of you hand and put the dry cooked egg on top of it. Wrap the egg in the pork meat. It might feel like a disaster waiting to happen and the meat might not "come together" around the egg, but keep on working it with your hands until it covers the egg. The meat will feel sticky, just keep on working and shaping it with your hands.

Carefully place the meat covered eggs on a plate, brush with the mixed raw egg mixture and cover with the dried bread crumbs. Refrigerate until needed. I fry my eggs at the last minute, just before we hit the road, preferably in a wok, as you use less oil, the oil should come up to cover half of the egg. Fry them over a low heat in order to cook the meat properly without browning the crumbs too much.

Transport them in foil, as they will then still be semi warm at your first breakfast stop....

Serve cut in half with a sprinkle of course salt and black pepper, and steaming mugs of warm coffee...

Recipe card from the kitchen of



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