



St Faith's Scotch Egg

These scotch eggs are often served when we have an event on at St Faith's. They were also made by the children who attended the 2019 summer cookery school.

Serves 10

Ingredients

4 eggs
300g pork sausage
meat 1 tbsp chopped
parsley 2 tsp dried
mixed herbs 1 egg
white, beaten Pinch of
salt & pepper 50g
breadcrumbs
50g flour
1 egg, beaten

Method

1. Hard-boil the eggs for 7 minutes. Drain, cool in cold water then remove the shell.
2. Mix together the sausage meat, parsley, mixed herbs and egg white. Season with salt and pepper.
3. Divide this mixture into 4 equal portions, then use your hands to pat each portion into a flat disc. Place an egg on top of each disc, then press the mixture around the eggs to cover them completely.
4. Roll the eggs in flour (shake off any excess flour), then into the beaten eggs and finally the dried breadcrumbs to coat the surface. Chill for at least 10 minutes.
5. Preheat oil to 180C. Fry for 8 minutes.

