

Chef John39s Scotch Eggs

Savannah · 29/09/2024



Prep Time

5 mins

Difficult

Medium

Servings

45 mins

Description

This Scotch egg recipe features a softboiled egg with a molten yolk that contrasts perfectly with the crispy sausage shell

Ingredients

- - 4 cups oil for frying
- or as needed - 6 large cold eggs - 21 ounces bulk Italian sausage - $\frac{1}{4}$ teaspoon dry mustard - 1 pinch freshly grated nutmeg - 1 pinch cayenne pepper - $\frac{1}{2}$ cup all-purpose flour
- or as needed - 2 large eggs - 1 cup panko bread crumbs
- or as needed

Instructions

1. Heat oil in a deep fryer or large saucepan to 350 degrees F (175 degrees C). Fill a saucepan with 1/2-inch water; bring to a boil. Carefully place cold eggs into the saucepan. Cover with a lid
2. reduce heat to medium-high
3. and cook until egg yolks are soft
4. about 6 minutes. Remove eggs from hot water and cool under cold running water. Peel and dry eggs on paper towels. Mix together sausage
5. mustard
6. nutmeg
7. and cayenne pepper in a large bowl. Shape mixture into 6 equal balls. Lay a piece of plastic wrap on a flat work surface. Place 1 sausage ball onto the center of the plastic wrap
8. fold the plastic over sausage
9. and flatten into an 1/8-inch-thick oval. Pull the plastic back and place 1 egg onto the center of flattened sausage. Pick up plastic wrap
10. moisten fingertips
11. and press sausage around egg to cover completely
12. sealing well. Repeat with remaining sausage balls and eggs. Place flour into a shallow bowl. Beat 2 eggs in a second shallow bowl. Pour bread crumbs into a third bowl. Dredge sausage-wrapped eggs in flour
13. dip in beaten eggs
14. then press in bread crumbs to coat. Gently toss between your hands to remove excess bread crumbs
15. then place breaded eggs on a plate. Cook in batches in the preheated oil until golden
16. 5 to 6 minutes. Transfer Scotch eggs to a wire rack to cool
17. about 5 minutes. tiffanyfaye Editor's Note: Nutrition data for this recipe includes the full amount of breading ingredients. The actual amount of breading consumed will vary. We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. The exact amount will vary depending on cooking time and temperature
18. ingredient density
19. and specific type of oil used.