Scotch Eggs

Ingredients

For the Scotch Eggs:

4 large eggs

1 pound (450g) ground pork sausage (you can choose your preferred flavour)

Salt and pepper to taste

1/2 cup all-purpose flour

1 cup breadcrumbs

Vegetable oil for frying

For the Coating

Flour (for dusting)

1-2 beaten eggs (for dipping)

Breadcrumbs (for coating)

1. Start by boiling the eggs: Place the eggs in a saucepan and cover them with water. Bring the water to a boil, then reduce the heat and simmer for 5-6 minutes for slightly soft yolks or 8-9 minutes for firmer yolks. Once done, transfer the eggs to a bowl of ice water to cool quickly. Peel the eggs carefully.

2. While the eggs are cooling, season the ground pork sausage with salt and pepper. Divide it into four equal portions.

3. Take one portion of sausage and flatten it into a thin patty in your hand. Place a peeled boiled egg in the centre and gently wrap the sausage around it, making sure it's evenly covered. Repeat for the other eggs.

4. Roll each sausage-covered egg in flour to coat it lightly, then dip it into beaten egg, and finally roll it in breadcrumbs, ensuring an even coating.

5. Heat about 2 inches of vegetable oil in a deep skillet or saucepan to 350°F (175°C).

6. Carefully place the coated eggs into the hot oil using a slotted spoon. Fry them for about 4-5 minutes until they are golden brown and the sausage is cooked through.

7. Once cooked, remove the Scotch eggs from the oil and place them on a paper towel-lined plate to drain any excess oil.

8. Allow them to cool slightly before serving. Scotch eggs are delicious both warm and at room temperature.

You can serve Scotch eggs for breakfast, as a snack, appetizer, or even as a main dish.