

A Recipe for Scotch Eggs using Poplars Farm Free Range Eggs

Preparation time 30 minutes

Cooking time 30 minutes

Makes 4 Scotch Eggs

Ingredients

- 4 large soft boiled Poplars Farm Free Range eggs, with shell peeled
- 275g/10oz Pork sausage meat
- 1 tsp fresh thyme leaves
- 1 tbsp chopped fresh parsley
- 1 spring onion, very finely chopped
- Pinch of Salt
- Freshly ground black pepper
- 1 Poplars Farm Free-Range egg, beaten
- 125g/4oz breadcrumbs
- vegetable oil, for deep frying

To Prepare

- Mix the sausage meat with the thyme, parsley and spring onion in a bowl and season well with salt and freshly ground black pepper
- Flatten the sausage meat mixture and divide into four to form four flat oval shapes
- Place each egg onto a sausage meat oval and then wrap the sausage meat around each egg. There should be a generous coating of sausage meat forming a smooth coating for each egg
- Dip each coated egg in the beaten egg and then into the breadcrumbs, completely covering each sausage-meat coated egg
- Set the oven to 180°C/gas 4
- Heat the oil in a deep fat fryer to 180C, until a breadcrumb sizzles and turns brown when dropped into it
- Carefully place each Scotch Egg into the hot oil and deep-fry for 5 minutes, until golden and crisp and the sausage meat is completely cooked. NOTE: Always be VERY careful with hot oil and keep children away. Do not leave the deep fat fryer unattended
- Carefully remove from the oil with a slotted spoon, drain and transfer to the oven to cook for another 5 minutes
- Serve cool, cut in half with a fresh salad