

# Scotch Eggs

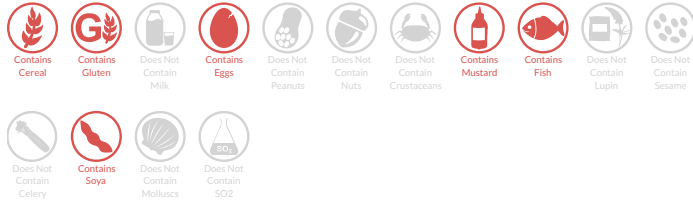
## Ingredients

Product	Quantity
15 dozen Medium Free Range Eggs	4.00 g
Fresh Minced Pork (2.5kg)	200.00 g
Dried Parsley	1.50 g
Colman's English Mustard 100g	0.50 g
Lea & Perrins Worcester Sauce (6) 290ml	0.50 g
McDougalls Plain Flour 3kg	10.00 g
Paxo Golden Breadcrumbs 227g	10.00 g
KTC Vegetable Oil	1.00 g

Serves: 2

## Allergy Information

Key: **Contains** **May Contain**

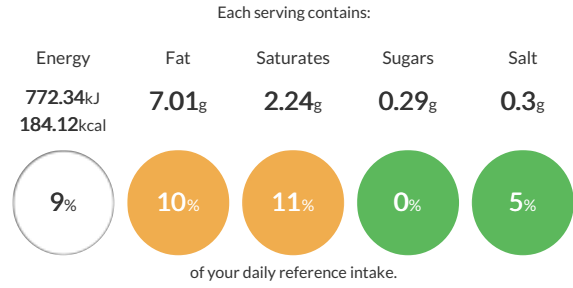


## Dietary Information

Key: **Suitable for**



## Reference Intake



## Nutritional Summary

Energy	772.34kJ 184.12kCal
Protein	22.22g
Carbohydrates	7.48g
of which sugars	0.29g
Non Milk Extrinsic Sugars	0g
Fat	7.01g
of which saturates	2.24g
Fibre	0.53g
Salt	0.3g
Sodium	0.08g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

## Method & Recipe Notes

1. Place the eggs into cold water and cook for 5 minutes from cold. Plunge the eggs in cold water to stop them cooking, shell carefully under water and place to one side. 2. Put your pork mince in a bowl and add the egg yolk, mustard, Worcestershire sauce, parsley and a small amount of seasoning. Mix until well combined. 3. Take a small amount of the meat and cook-off in a frying pan, taste and adjust seasoning with salt and cracked black pepper. 4. Divide the pork mince into two, dust the table with flour and flatten each pork piece until an oval shape, 8cm high and 6cm wide. Dry the eggs with a piece of kitchen paper then lightly dust in flour. 5. Place the egg in the middle of the mince and gently shape the mince around the egg. Seal the edges and make sure the mince is evenly distributed. 6. Roll the scotch eggs in flour then beaten egg then finally the breadcrumbs. 7. Deep fry the scotch eggs at 150°C until golden brown. Allow to rest before serving and keep warm.

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