

## **DISH TITLE**

### ***SCOTCH EGG AND BROWN SAUCE***

## **DISH DESCRIPTION**

Family favorite, this scotch egg recipe served with brown sauce is one to repeat over and over again

## **SERVING SUGGESTION**

Cut in half, and serve with a side salad as a starter or simply on their own as a snack.

## **OVERALL DIFFICULTY**

Basic

## **OVERALL SERVES**

4

## **OVERALL PREP TIME**

30 mins

## **OVERALL COOK TIME**

1 hour

## **SEASON**

Winter

**Recipes for this dish continue...**

## RECIPE

### SCOTCH EGG

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#### PREP TIME

20 mins

#### COOK TIME

20 mins

#### SERVES QTY

4

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#### CHEFS TIP

#### RECIPE INGREDIENTS

5 large eggs  
300g good-quality pork sausage, skinned  
1 tsp black peppercorn, crushed  
140g cooked ham, shredded  
25g sage, apple & onion stuffing mix  
1 tsp chopped sage  
1 tsp chopped thyme  
1 tsp chopped parsley  
100g plain flour, seasoned, plus extra for dusting  
100g dried breadcrumb (preferably Paxe)  
sunflower oil, for frying

#### RECIPE METHOD

1. Bring a pan of salted water to a rapid boil, then lower 4 of the eggs into the pan and simmer for 7 mins 30 secs exactly. Scoop out and place in a bowl of iced water, cracking the shells a little (this makes them easier to peel later). Leave them to cool completely, then peel and set aside. Can be boiled the day before.
  2. Put the sausagemeat, pepper, ham, stuffing and herbs in a small bowl, mix to combine, then divide into 4 equal balls. Squash one of the balls between a piece of cling film until it's as flat as possible
  3. One at a time, lightly flour each cooked egg, then use the cling film to help roll the sausagemeat around the egg to completely encase. Repeat with the remaining sausageballs and eggs.
  4. Beat the remaining egg and put on a plate. Put the flour and breadcrumbs on 2 separate plates. Roll the encased eggs in the flour, then the beaten egg and finally the breadcrumbs. Can be prepared up to a day in advance.
  5. To cook the eggs, heat 5cm of the oil in a wide saucepan or wok until it reaches 160°C on a cooking thermometer or until a few breadcrumbs turn golden after 10 secs in the oil. Depending on the size of your pan, lower as many eggs as you can into the oil and cook for 8-10 mins until golden and crispy
  6. Drain on kitchen paper, leave to cool a little, then serve cut into half.
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## RECIPE

### *BROWN SAUCE*

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#### PREP TIME

10 mins

#### COOK TIME

40 mins

#### SERVES QTY

10

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#### CHEFS TIP

#### RECIPE INGREDIENTS

500g tomatoes  
225g of onion, finely chopped  
15g of ginger  
1 bay leaf  
1/2 star anise  
2 cloves  
1/2 chilli  
2 pinches of white pepper  
1 pinch of salt  
5 juniper berries  
12 fennel seeds  
1/4 tsp allspice  
112g of cooking apples, peeled, cored  
and finely chopped  
50g of dried apricots  
700ml of water  
4 tsp black treacle  
4 tsp Worcestershire sauce  
100ml red wine vinegar

#### RECIPE METHOD

1. Begin by preparing the tomatoes. Using the tip of a sharp knife, score a cross in the base of each tomato. Blanch carefully in boiling water, immediately plunging into ice water to cool (this process should loosen the skins of the tomatoes). Peel and deseed the tomatoes, then chop the flesh into chunks and set to one side.
2. Place a large pan over a medium heat and add a small dash of oil. Sweat the onions without allowing them to colour, then add the spices and seasonings, chopped tomatoes, fruit, water, treacle and Worcestershire sauce to the pan.
3. Stir well to combine, then leave to reduce gently over a light simmer. Add the vinegar, continuing to reduce until the mixture thickens to form a sauce-like consistency.
4. Pour the sauce into a blender and blitz until smooth, adjusting the seasoning to taste. Pass through a fine sieve into a clean jar and set aside to cool. Serve immediately once cool, or store in an airtight container in the fridge for up to a week.

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