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*Quick and Easy Breakfast and Brunch Ideas for your busy life*

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## Scotch Egg Recipe

**Prep Time:** 30 minutes

**Cooking Time:** 30 minutes

### Ingredient List:

6 eggs, hard cooked  
1 pound bulk ground sausage  
2 Tablespoons chopped parsley  
1/2 teaspoon ground sage  
1/4 teaspoon pepper  
1/4 cup flour  
2 eggs, beaten  
3/4 cup breadcrumbs  
vegetable oil for frying

### Kitchen Equipment Needed

large mixing bowl  
deep fryer or large heavy skillet for frying

### Instructions:

- Step 1: Make sure that the eggs are chilled and very cold, as the sausage will wrap around them a lot easier.
- Step 2: Peel the hard boiled eggs.
- Step 3: In a large mixing bowl, combine the sausage and all spices and mix well.
- Step 4: Divide the meat mixture into 6 equal portions.
- Step 5: Press the meat mixture around the eggs with your hands, keeping the egg shape as much as possible.
- Step 6: Lightly sprinkle each egg with flour, dusting evenly on all sides.
- Step 7: Dip each into a bowl with the slightly beaten egg and roll them in the breadcrumbs.
- Step 8: Deep fry each egg, one at a time in 350 degree vegetable oil, for about 4 minutes, or until lightly browned.
- Step 9: Drain the sausage eggs on paper toweling. Cool and refrigerate.

Makes 6 servings. Serve this scotch egg recipe warm or cold for breakfast, brunch or a snack.

### Tips for Making Scotch Eggs:

- ! If you are having trouble with the meat covering cracking, try keeping the thickness between 1/4" and 1/2" and as uniform as possible.
- ! Using small or medium eggs will result in fewer problems with blow outs and cracking than using large eggs.
- ! Deep-frying the scotch eggs is recommended so there is plenty of oil surrounding the egg when it cooks. If you fry the scotch eggs in a skillet, you will need to turn the eggs frequently so their sausage coating cooks evenly.

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