

SCOTCH EGGS

These eggs are great as party or picnic food and are convenient to eat on the move. They are very easy to make and can be eaten hot or cold.

450 g/1 lb pork or beef sausage
meat

5 hard-boiled eggs

1 raw egg

75 g/3 oz breadcrumbs, toasted

Seasoning: pepper, salt, nutmeg

Flour

Dust the hard-boiled eggs in flour. Mix the seasoning in with the sausage meat and divide it into five. Flatten one portion slightly and then wrap around a hard-boiled egg. Beat the raw egg and roll the meat-covered boiled egg in this mixture, then roll in the toasted breadcrumbs. Deep fry in hot oil for around 5 minutes or until you are sure that the sausage meat is cooked. Repeat this process for the other four eggs.

Allow the cooked eggs to drain on kitchen roll. Eat hot or cold. Sliced with salad is particularly nice.

Makes five.