

There were Hot & Spicy Sausages on a 2 or 1 offer the other day. Yesterday we had a strange fusion of Sausage Rolls and Pigs in Blankets. Tonight we had another pop at Scotch Eggs.

For 3 Scotch Eggs:-

## **Ingredients:-**

6 Hot & Spicy Sausages, removed from their skins

3 Eggs, soft boiled, shelled and cooled

1 Egg, beaten for an egg wash

Plain Flour (Gluten free for us)

Bread Crumbs (Sliced brown Gluten free Bread wuzzed up in our case)

## Method:-

- (1) Once you Eggs are cool enough to handle press the Sausage meat into circles on a board about 4 / 5mm thick.
- (2) Place each Egg in the middle and form the Sausage meat into a reasonably uniform coating. But careful not to burst your yokes.
- (3) Place in the fridge for 10 minutes for the Sausage meat for stiffen slightly.
- (4) Remove from the fridge and roll in the Egg wash.
- (5) Roll in the flour and then in the Egg wash again.
- (6) In a bowl filled with Bread crumbs coat the outside of your meat coating in crumbs. If your fingers stick you can patch up the crumbs by hand.
- (7) Place on a tray lined with Parchment and pop in a pre-heated oven at 180c for 35 to 40 minutes. If you have a probe you are looking for 75c in the thickest part of the meat. If not 40

minutes should be plenty of cooking time.

We served ours with 3 times fried hand cut chips, a salad and hand cut Coleslaw. Remarkably filling and really quite fun to make. If you get it just right you?ll still have a slightly runny yoke?..