



Chef Ron's

Signature Family Recipe



Bon Appetit

Kitchen tools needed: **Scotch Eggs**

medium large pot with lid, frying pan, metal spatula, parchment paper or quart size baggies, cookie sheet

Ingredients:

13 medium size eggs *1 egg for tester
32 oz good quality Italian sausage *I use Uli's
8 oz panko bread crumbs or other bread crumb options *I've used dried cauliflower crumbs for a grain free alternative
1 cup good quality neutral oil such as rice bran oil or avocado oil

Directions:

1. Fill large pot with cold water and 1 dozen eggs.
2. Bring water to a boil and turn off.
3. Let eggs rest for 5 minutes and test 1 egg by peeling it and checking firmness of yolk. Best case is to have yolk just barely cooked through and firm. If still runny let eggs rest for about 5 more minutes.
4. Cool boiled eggs thoroughly with cold water.
5. Peel eggs and place back in cool water.
6. Drain peeled eggs and place directly in refrigerator for at least 1 hour or overnight.
7. Remove chilled sausage from refrigerator and form into 12 2-3oz balls.
8. Place formed sausage balls on a folded piece of parchment paper or baggie sliced open on one side.
9. Place top layer of paper or plastic over sausage and press flat with both hands, from middle out. You will want sausage about 1.4" thick and a circle 5-6" in diameter. *I have found a tortilla press to work good for pressing.
10. Pick up sausage patty and peel back one side, place peeled side into center of hand and peel back the other layer.
11. Place boiled egg in center of patty that's in your hand and form an even and good seal around eggs. Take your time to assure that no egg is showing. *lightly wetting your hands helps stretch and seal sausage around egg.
12. Place sausage encased egg into bread crumbs and coat evenly.
13. Store breaded eggs in refrigerator for at least 2 hours or overnight.
14. Heat frying pan and add approx ½ cup or half the oil. When oil is hot cook 6 each at a time adding more oil as needed. Pan should not be dry, add more oil as needed. Brown all sides of scotch eggs.
15. Place browned eggs onto parchment lined ½ sheet pan or cookie sheet and place in 325 degree oven for approx 20 minutes until sausage is full cooked or 165 degrees.

Serving suggestions:

- Carefully cut eggs in ½ or serve whole. *eggs can be served old as well.

Makes 12 eggs

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