



SCOTCH EGGS

Prep Time: 30 minutes • Cook Time: 20 minutes

Servings: 12 eggs

Ingredients

- 13 medium eggs (1 extra for testing)
- 32 oz good-quality bulk ground Italian sausage (Chef Ron uses Uli's)
- 8 oz panko breadcrumbs or grain-free alternative such as cauliflower crumbs
- 1 cup neutral oil (rice bran or avocado oil)

Directions

1. Fill a large pot with cold water and add 12 eggs.
2. Bring water to a boil, then turn off heat.
3. Let eggs sit for 5 minutes. Test one egg for doneness; if too soft, let rest 5 more minutes.
4. Cool eggs completely in cold water.
5. Peel eggs and return them to cold water.
6. Drain and refrigerate peeled eggs for at least 1 hour or overnight.
7. Divide sausage into twelve 2–3 oz portions.
8. Place each portion between parchment sheets and press into a 1.4" thick circle, 5–6" across.
9. Place a peeled egg in the center and form sausage evenly around it, sealing completely.
10. Dip sealed egg in beaten egg, then roll in breadcrumbs.
11. Chill breadcrumb-coated eggs for at least 2 hours or overnight.
12. Heat frying pan with 1/2 cup oil. Fry 6 eggs at a time, adding oil as needed, browning all sides.
13. Bake fried eggs at 325°F for about 20 minutes or until sausage reaches 165°F.

Chef Ron's Notes

- Slice eggs in half for a beautiful presentation.
- Cook eggs till yolk is just set and you are able to easily peel egg after cooling quickly.
- Ensure sausage fully seals around the egg to prevent splitting during frying.