



Make Your Own - Scotch eggs

Great fun for children to make

Ingredients

7-8 eggs / 1 packet of 8 pork sausages
150gm Flour / 120gm Dried breadcrumbs.
2 tablespoons of oil

Method

1. Place 6 eggs in a saucepan of boiling water and boil for approx. 10 minutes.
2. Remove eggs and cool in cold water.
3. Remove skins from sausages and on a floured surface form into a long sausage.
4. Cut into 6 equal pieces and roll each piece into a round ball.
5. Place the flour into one bowl, breadcrumbs into another and beaten egg into the third.
6. When eggs are cooled peel away the shell and place into the bowl with the flour and thoroughly cover the eggs with it.
7. Place each egg into the centre of each circle of the sausage meat and wrap around the eggs making sure the eggs are sealed and place back into the bowl with the flour in it and roll the eggs into it.
8. Dip each egg into the beaten egg thoroughly covering and then into the breadcrumbs covering the whole egg.
9. Place onto a well oiled tray and bake in the oven 170 c fan/190c gas 5 for 25 - 30 minutes.
10. Serve and enjoy!



Always ask for an adult's permission before cooking in the kitchen

