

BLACK PUDDING SCOTCH EGGS

EQUIPMENT

CHEFS KNIFE, FOOD PROCESSOR, CLING FILM, BAKING PAPER, BAKING TRAY, SMALL AND LARGE MIXING BOWLS, SPOONS, FORK OR WHISK, PERFORATED TRAY, ICE

INGREDIENTS

7 FREE RANGE EGGS, 300GM PORK MINCE, ½ BLACK PUDDING, 10GM HOT ENGLISH MUSTARD, 20 SAGE LEAVES, SALT FLAKES, CRACKED BLACK PEPPER, 100GM PLAIN FLOUR, 100GM MILK, 60-80GM BREADCRUMBS

METHOD

TO BEGIN: PLACE 6 EGGS ONTO A PERFORATED TRAY AND INTO A PRE-HEATED OVEN STEAM SETTING 100°C FOR 8 MINUTES. ONCE COOKED REMOVE FROM THE OVEN AND TRANSFER THE EGGS TO A BOWL OF ICED WATER TO CHILL FOR AT LEAST 15 MINUTES.

PLACE THE PORK MINCE IN A MIXING BOWL AND ADD SALT, PEPPER, MUSTARD AND FINELY SLICED SAGE LEAVES AND SET ASIDE.

REMOVE THE CASING FROM THE BLACK PUDDING AND BREAK THE SAUSAGE INTO PIECES. PLACE THE SAUSAGE PIECES INTO THE BOWL OF A FOOD PROCESSOR AND BLITZ THEM UNTIL BROKEN UP BUT NOT SMOOTH.

ADD THE BLACK PUDDING TO THE PORK MINCE MIXTURE AND MIX THOUGH THOROUGHLY. PLACE A SHEET OF BAKING PAPER ON YOUR WORKBENCH AND PORTION THE MINCE MIXTURE INTO 6 EQUAL PARTS. ROLL EACH PORTION INTO A BALL AND SET ASIDE.

PEEL THE EGGS AND PLACE THE PEELED EGGS ONTO A SHEET OF PAPER TOWEL TO DRY.

PLACE A LARGE SHEET OF CLING FILM ONTO THE BENCH AND ONE PORTION OF MINCE ON TOP. DOUBLE THE CLING FILM OVER THE MINCE AND SQUASH THE MINCE DOWN TO A THIN ROUND APPROX 10CM IN DIAMETER. PLACE ONE EGG INTO THE MIDDLE OF THE SQUASHED MINCE AND FOLD THE SIDES OF THE MINCE UP THE SIDES OF THE EGG. PINCH THE SEAMS TOGETHER TO COVER THE EGG COMPLETELY IN THE MINCE MIXTURE AND SET ASIDE. DO THE SAME FOR THE REMAINING EGGS AND MINCE PORTIONS.

CRACK THE REMAINING EGG INTO A MIXING BOWL WITH MILK AND WHISK TO FORM AN EGG WASH. PLACE THE FLOUR AND BREADCRUMBS INTO INDIVIDUAL MIXING BOWLS AND CRUMB EACH MINCE COVERED EGG BY DUSTING THEM IN FLOUR FOLLOWED BY THE EGG-WASH THEN FINALLY THE BREADCRUMBS. PLACE EACH CRUMBED EGG ONTO A BAKING TRAY LINED WITH BAKING PAPER.

PLACE THE CRUMBED EGGS INTO A PRE-HEATED OVEN COMBI SETTING 210°C FOR 12-14 MINUTES.

ONCE GOLDEN AND CRISP SERVE THE EGGS WITH CORNICHONS, DILL SPRIGS, MAYONNAISE AND A COLD BEER.

HINTS & TIPS

- IF YOU DON'T LIKE OR CAN'T ACCESS BLACK PUDDING YOU CAN JUST USE PORK MINCE. TRADITIONALLY SCOTCH EGGS ARE MADE USING SAUSAGE MINCE WITH THE CASES REMOVED.
- SCOTCH EGGS WERE REPUTEDLY INVENTED IN LONDON IN 1738 AND ARE STILL SERVED AS A POPULAR SNACK OR PICNIC FOOD ALL AROUND THE WORLD TODAY. MOST COMMONLY FOUND ON BRITISH PUB MENUS.