

Scotch Eggs

A perfect picnic food and great to take into work either as a snack or added to a salad for a filling lunch.



When buying sausage meat, make sure that it is at least 80% meat. Some sausages have as little as 32% meat and contain snout, pig's ears and lots of 'filler' ingredients as well as stabilizers, preservatives, flavourings and colourings. Good quality sausages will contain mostly meat and when you look at the ingredients list, they will be made from recognisable ingredients such as salt, pepper, herbs and spices.

- 2 eggs
- 200g good quality sausage meat – at least 80% meat
- 1 tbsp raw quinoa
- ½ tsp celery salt
- ½ tsp dried thyme
- ½ tsp English mustard - optional

This makes 2 large scotch eggs.

Boil your eggs for 5 mins (longer if you don't want the centre slightly runny) then set aside in some cool water. Meanwhile mix your sausage meat with the thyme and English mustard and set to one side.

You can use the quinoa as it is for a very crunchy coating but I prefer to blend it so it is almost like flour. To do this you'll need to put the quinoa in a high powered blender and blitz for 20 seconds or so. Once it has turned into a softer version of its former self, mix in the celery salt and transfer to a bowl.

It's now time to put everything together.

Take half of the sausage meat and place it on a flat surface and just lightly press it flat. Place one of the eggs into the middle of the sausage meat mix and dampen your hands with a little water. Start to mould the sausage meat around the egg, shaping it gently with your hands. Make sure that the

sausage meat is sealed and smooth all the way around the egg. Now roll your sausage and egg ball into the milled quinoa and celery salt mix.

Repeat this with the second egg then place both eggs onto a baking tray lined with baking paper and cook for 25 mins.

Serve with some fresh salad and a dollop of mustard mayonnaise!