Breakfast / United Kingdom

Scotch Eggs

Soft-boiled eggs encased in seasoned pork sausage, breaded and deep-fried to a mahogany crust — the perfect portable British snack with a molten golden yolk at the centre.

Time 60 min **Servings** 4

What you'll need.

- ☐ 6 eggs Eggs, for the centres (large, very fresh)
- ☐ 5 parts Good-quality pork sausage meat (or sausages, skinned)
- ☐ 0.5 parts Dijon mustard, fine salt, and black pepper
- ☐ 0.2 parts Fresh sage and thyme, finely chopped together
- ☐ 0.05 parts Freshly grated nutmeg
- ☐ 1 parts Plain flour, for dredging
- ☐ 0.5 parts Eggs, beaten for the coating (2 eggs)
- ☐ 2 parts Panko breadcrumbs (Japanese-style for maximum crunch)
- ☐ 10 parts Vegetable oil for deep-frying

Let's make it.

01 Bring a large pot of water to a rolling boil. Gently lower the eggs on a spoon — do not drop them or the shells will crack. Boil for exactly 6 minutes for a runny-firm yolk that will hold together during frying. Transfer immediately to an ice bath — a bowl of water with as much ice as you can spare — and leave for 5 full minutes. The cold stops the carry-over cooking that would ruin the yolk. Peel carefully under cold running water, starting from the wide air-pocket end. The whites will be very delicate.

02 Combine the sausage meat, mustard, chopped herbs, nutmeg, and a generous seasoning of salt and pepper in a bowl. Mix with your hands until the seasonings are fully incorporated and the mixture feels slightly tacky and cohesive — no streaks of mustard visible. Fry a small nugget in a hot dry pan and taste it: the sausage should be boldly seasoned, herby, and slightly mustardy. Season more aggressively than seems right — the breaded exterior and the bland egg will absorb a lot of that punch.

03 Working with one portion of sausage meat at a time, flatten it in your damp palm into a thin, even oval about 3 mm thick. Set a peeled boiled egg in the centre. Bring the edges of the sausage up and around the egg, pressing gently to seal at the top. Work around the egg, ensuring the sausage layer is even all the way around — thin spots will burst open in the fryer. Roll gently between your palms to even out the surface and seal any seams. The finished shape should be a uniform oval with no visible egg beneath.

04 Set up three shallow bowls: one with flour seasoned with salt and pepper, one with the beaten eggs, one with the panko breadcrumbs. Working one at a time, roll a wrapped egg firmly in the flour, patting off any excess (a thick flour coat creates pastiness). Dip in beaten egg, letting any excess drip for 3 seconds. Roll in panko, pressing the crumbs firmly into every surface — no bare patches. For an extra-crunchy crust, repeat the egg-and-panko dip for a second coat. Set on a rack.

05 Heat at least 8 cm of oil in a heavy, deep pot to 170°C (340°F) — slightly cooler than standard frying temperature to allow the thick sausage layer to cook through before the crumbs burn. Carefully lower 2 or 3 eggs at a time (never crowd). Fry for 7–8 minutes, turning every 90 seconds for even colour, until the crust is a deep mahogany-brown and the eggs float freely. Transfer to a wire rack (not paper towels) for 2–3 minutes to let residual heat finish cooking the centre. Test by pressing: the crust should feel rigid, not soft.

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Servings are an estimate; check quantities in the source recipe.
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