

Sausage Scotch Quail Eggs

Serves 4

Ingredients

For the eggs

1 Tbsp vinegar
100g stale bread
100g blanched almonds
Small bunch flat leaf parsley
Salt and pepper to taste
250g sausage meat (Merguez, chicken or beef)
2 hens eggs
3 Tbsp plain flour
Vegetable oil for deep frying

For the mayonnaise:

5 Tbsp mayonnaise
1 tsp smoked paprika

Method

1. Fill a large pan with water and a good-sized bowl with iced water. Bring the water in the pan to a rolling boil, add vinegar, then slowly lower the eggs with a spoon. Allow to cook for 1 minute, then quickly take pan off heat and sit for another 30 seconds. Scoop up the eggs with a slotted spoon and plunge immediately into the iced water. Leave to cool for 10 minutes.
2. Meanwhile, prepare the coating – place stale bread, almonds and parsley in a processor and pulse until evenly chopped into fine pieces, then season well and transfer to a shallow dish. Remove sausage meat from casings, roughly chop the meat and put into the food processor together with 1 hen's egg. Pulse briefly until just smooth. Divide mixture into 12 portions and place on a tray. Set up 3 bowls with flour in one, remaining eggs beaten in another, and the crumb mix in the third.
3. Carefully peel eggs, taking care not to expose the yolks, which should be softly boiled. Place 1 portion of sausage meat on a piece of cling film, flatten as thin as possible, then place 1 quail egg on top. Use the cling film to help wrap sausage meat around the egg, enclosing it completely. Twist ends of cling film tightly to make a ball. Unwrap the scotch egg, roll in flour, then egg and lastly crumb mix. Repeat the process with egg and crumb to ensure a generous coating. Repeat with the rest of the eggs.
4. Fill half a medium saucepan with oil, heat to 180°C. Lower in the eggs, fry for 5 minutes. Be careful not to cook more than 2 at a time to avoid overcrowding. If eggs are browning

too quickly, lower heat, but cook for full 5 minutes to ensure meat is cooked through. When done, remove with a slotted spoon, drain on paper towels or a rack. Repeat with other eggs. When cool enough to handle, cut into half and plate.

5. In a small bowl, mix mayonnaise with paprika and serve as a dip on the side.