

# Soft yolk scotch egg

## *the perfect Easter lunch*

This tasty recipe from the kitchen of The Star Inn in Ingatestone, features on their current two or three course lunch menu, available every Tuesday – Friday.

### Ingredients

Serves 4

- 4 large eggs
- 200g sausage meat
- 100g panko breadcrumbs
- Pinch of salt
- Pinch of cracked black pepper

### Equipment

- Deep saucepan
- Fryer (175 °C)

### Method

1. Pre heat fryer to 175 °C

2. Fill a deep saucepan with water and a pinch of salt. Place over high heat and allow to boil. Gently place 4 large eggs into the water; taking care not to crack the eggs.

3. Whilst the eggs are boiling, fill a large bowl with cold water (add ice if you have it) and set aside.

4. Once 7 minutes is up, use a large slotted spoon to quickly remove the eggs from the boiling water and plunge straight into cold water. This will stop the eggs from continuing to cook.

5. Once the eggs are cool, carefully peel.

6. In a separate bowl, combine the sausage meat, salt and pepper (you can always add other herbs or spices to enrich the flavour). Separate the sausage meat into 4 equal portions.

7. Coat the peeled eggs in a light dusting of plain flour (TIP: this will help stick the sausage meat to the egg – too much moisture will cause the sausage meat to come away from the egg).

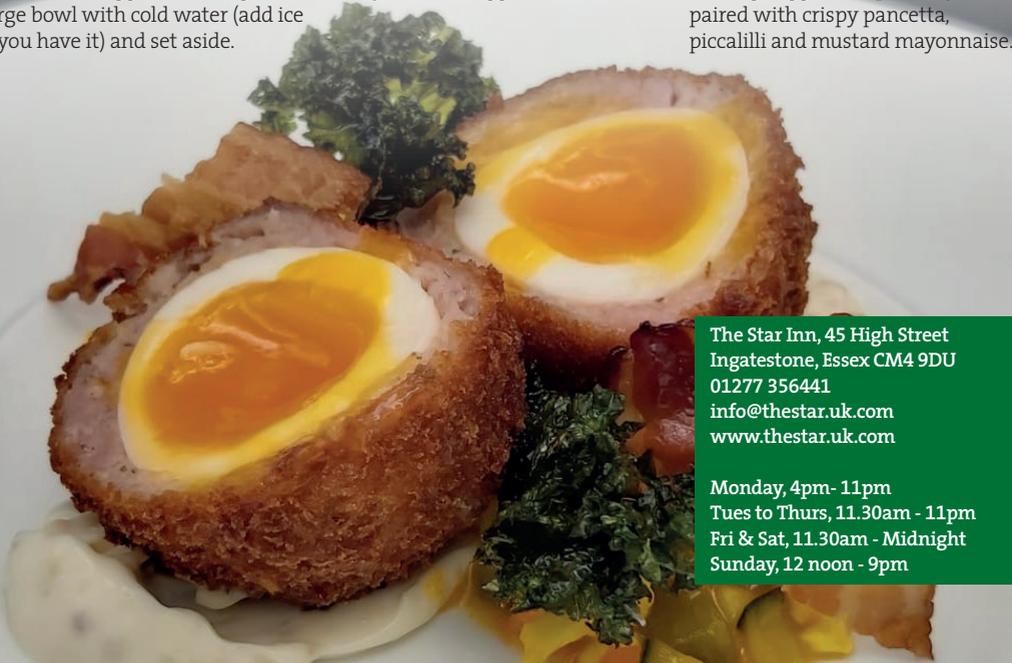
8. Using the palm of your hand, flatten the sausage meat to 0.5cm (NO THICKER!). Place the egg in the middle, and gently mould the sausage meat around the egg to ensure there are no gaps. This may take a bit of time and patience – but persevere! Refrigerate for 10 minutes.

9. Place the breadcrumbs and seasoning in a bowl. Gently coat the Scotch egg in breadcrumbs.

10. Place the Scotch egg into the fryer – fry until golden brown in colour. This will take no more than 3 minutes.

11. Slice in half and serve immediately. Delicious...

Serving suggestion: perfectly paired with crispy pancetta, piccalilli and mustard mayonnaise.



The Star Inn, 45 High Street  
Ingatestone, Essex CM4 9DU  
01277 356441  
info@thestar.uk.com  
www.thestar.uk.com

Monday, 4pm- 11pm  
Tues to Thurs, 11.30am - 11pm  
Fri & Sat, 11.30am - Midnight  
Sunday, 12 noon - 9pm