

Scotch Eggs

SOURCE: STLtoday.com (Sheila Rhoades)

INGREDIENTS:

5 medium eggs, at room temperature, divided
1 TBS all-purpose flour
Salt, to taste
Ground black pepper, to taste
1 (14-oz) pkg bulk breakfast sausage
1/4 C seasoned or unseasoned dry breadcrumbs
Vegetable oil, for frying

DIRECTIONS:

Place 4 eggs in single layer in saucepan - cover with cold water - bring water to rolling boil - remove from heat, cover and let stand 20 minutes. Plunge eggs into cold water, pat dry and peel.

Preheat oven to 350° F. Stir together flour with salt + pepper to taste. Pat eggs dry - roll in flour mixture to make sausage stick to egg - mold sausage around each egg, dividing evenly.

Beat remaining raw egg. Dip each sausage-encased egg into beaten egg, then roll in breadcrumbs.

Pour about 1/4" of oil into large, heavy skillet (cast iron works best). Place over medium-high heat. When oil is hot, add eggs - cook till golden brown, watching carefully and turning eggs frequently with large spoon. Drain on paper towels. Transfer to pan - bake about 15 minutes.

Scotch eggs can be enjoyed warm from the oven, but they taste best cold. Sprinkle with pepper to taste. Slice eggs into quarters and serve.

Yield: 16 servings

PER SERVING: 178 calories; 16.5g fat (83% calories from fat); 5g saturated fat; 91mg cholesterol; 5g protein; 2g carbohydrate; 0.5g sugar; no fiber; 202mg sodium; 15mg calcium; 75mg potassium