

Chinese Scotch Eggs



Preparation time: 30 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Quick & Easy, Dinner Recipes, Lunch Recipes

If you're after a delicious lunch, dinner or just a snack, a scotch egg is the perfect fit. Try out the Chinese scotch egg recipe for yourself and prepare to be delighted!



Ingredients

- 4 eggs
- 400 g chicken or pork mince
- 1 tbsp ginger, grated
- 1 tbsp garlic, grated
- 1 tbsp soy sauce
- 1 tbsp sesame oil

- 4 spring onions, finely sliced
- ½ tsp salt, or to taste
- ½ tsp white pepper
- ½ cup breadcrumbs
- 2 eggs, lightly beaten
- More breadcrumbs, to coat
- Neutral oil, for frying

Method

1. Boil eggs for 7 minutes, then run under cold water and peel. Set aside.
2. In a large bowl combine the mince, ginger, garlic, soy, sesame, spring onions, salt and pepper. Mix well using your hands and make sure the ingredients are well blended. Add ½ the breadcrumbs until a firm meatball-type mixture forms, add remaining breadcrumbs as needed.
3. Portion the mince mix into 4. Wet your hands and working with one portion at a time, form a large patty, making a small dent in the middle for the egg. Place an egg in the centre and wrap it firmly and evenly with the mince.
4. Roll the ball in beaten egg, then breadcrumbs and set aside until ready to cook. Repeat to form the rest of the scotch eggs.
5. Meanwhile, in a large wok, bring neutral oil to around 180°C and gently slide in two eggs. Cook for 5-7 minutes, until golden. Set aside on paper towel and repeat with remaining eggs. Alternatively, spray or drizzle with oil and bake at 200°C for 15 minutes.
6. To serve, cut into halves or quarters and arrange on a plate for a picnic, or with steamed rice and vegetables as a main meal.

Note: Dumpling filling works so well in place of sausage meat when making these popular British picnic snacks that you'd think it was made for it.