

# Manu's Middle Eastern Lamb Scotch Eggs with Harissa Mayo



Preparation time: 60 mins  
Serves: 6 people  
User Rating: ★★★★★

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Scotch eggs are the perfect finger food for entertaining and great as a precursor to dinner or as part of a smorgasbord of different smaller dishes to share.



## Ingredients

### Scotch eggs

- 9 fresh eggs
- 12 thin Merguez sausages or 6 thick spicy lamb sausage
- 90g plain flour
- 90g fine breadcrumbs
- 80g panko breadcrumbs
- 1tsp paprika

- ½ tsp chilli powder
- Oil for deep-frying
- Sea salt, to taste
- Black pepper, freshly ground, to taste

## Harissa

### *Spice mix*

- 1 tsp cumin seeds
- 1 tsp fennel seeds
- 2 tsp coriander seeds
- 2 tsp dried chilli flakes

### *Paste*

- 2 red capsicum or charred sweet pimento peppers, skins and seeds removed
- 5 peeled garlic cloves
- 400g can chopped tomatoes, drained
- 1 tbsp smoked paprika
- 2 red long chillies, fresh
- 1 red bird's eye chilli, fresh
- 100ml extra virgin olive oil
- Salt & black pepper to taste

### *Mayonnaise*

- 1 egg yolk
- 1 tbsp hot Dijon mustard
- 250g grape seed oil
- 1 tsp lemon juice
- Harissa paste, to taste
- 1 tsp lemon juice
- Salt & pepper, to taste

## Method

### Scotch Eggs

1. Place 6 of the eggs in a saucepan of boiling water and boil for 6 minutes. Drain, then fill the pan with cold water, tap the eggs against the side to crack the shells and leave to sit in the water to cool.
2. Meanwhile, squeeze the sausage meat out of their skin and divide the mince into 6 balls and shape each ball into flattened ovals (10 cm diameter).
3. Place the flour in a shallow dish and season with paprika, chilli powder salt and pepper. Beat the remaining 3 eggs in another dish and place the fine and panko breadcrumbs in separate shallow dishes.
4. Carefully peel the soft-boiled eggs. Roll each one lightly into flour then place them in the middle of a sausage meat oval, and press the mixture around them until they are engulfed and evenly covered.
5. Pour a 4cm depth of oil into a sauté pan or saucepan and heat until it begins to shimmer.
6. Dust the meat-covered eggs in flour, shaking off any excess and roll them in the beaten egg, allowing any excess to drip off. Coat in the

fine breadcrumbs. Roll the eggs into the egg mixture again and finally coat them with the panko breadcrumbs, pressing them in so that they really stick.

7. Shallow-fry the eggs for 8–10 minutes, turning often, until golden and crisp on the outside and cooked through inside.
8. Remove the scotch eggs from the pan using metal tongs or a slotted spoon and drain the excess oil on paper towel. Season with salt and pepper.

## Harissa

1. To make the harissa paste, toast all the spices (in the spice mix) over medium heat in a pan for 1 minute or until fragrant. Transfer them to a pestle and mortar and grind them until fine.
2. In a food processor, combine all the remaining ingredients for the paste along with the ground spices then blend well until it is a smooth paste. Season to taste and reserve.

## Harissa Mayo

1. Place the egg yolk, hot Dijon mustard and a pinch each of salt & pepper in a bowl and whisk to combine well.
2. Whisking continuously, add the oil drop by drop at first, then in a slow and steady stream until the mixture is thick and emulsified, whisk in the lemon juice and as much or as little as you want of the harissa.

## Notes

Serve the Middle Eastern Lamb Scotch Eggs warm or cold with the Harissa Mayonnaise.

## TIP

Prepare the Harissa Mayonnaise just before you are going to consume the scotch eggs and if you need to store the sauce, refrigerate it immediately at 5°C or below so bacteria cannot grow. Only make small amounts at a time and be sure to use enough lemon juice as the acidification makes the product safer.

## Nutritional Information

| Serving size | Energy                          | Protein      | Total fat    | Saturated fat | Carbs (total) | Carbs (sugar) | Sodium       | Fibre       |
|--------------|---------------------------------|--------------|--------------|---------------|---------------|---------------|--------------|-------------|
| <b>211g</b>  | <b>2400kJ</b><br><b>574kcal</b> | <b>27.6g</b> | <b>36.5g</b> | <b>8.9g</b>   | <b>33.6g</b>  | <b>2.1g</b>   | <b>862mg</b> | <b>1.7g</b> |

All nutrition values are per serve.