

Manu's Pork & Fennel Scotch Eggs with Grainy Mustard Mayo



Preparation time: 46 mins

Serves: 6 people

User Rating: ★★★★★

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While traditional scotch eggs would typically include pork and herbs with an English mustard, Manu Feidel has tweaked the recipe for a fresh spin on the classic English dish and these scotch eggs can be served either warm or cold with a delicious grainy mustard mayonnaise.



Ingredients

Scotch eggs

- 9 fresh eggs
- 6 thick pork and fennel sausages
- 90g plain flour
- 90g fine breadcrumbs
- 80g panko breadcrumbs
- Oil for deep-frying

- Sea salt, to taste
- Black pepper, freshly ground, to taste

Grainy Mustard Mayo

- 1 egg yolk
- 1 tbsp hot Dijon mustard
- 250g grape seed oil
- 1 tbsp grainy mustard
- 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 shape each sausage into flattened ovals, about 10cm in diameter.
3. Place the flour in a shallow dish and season with 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 a saucepan and heat until it begins to shimmer.
6. Meanwhile, dust the meat-covered eggs in flour, shaking off any excess. Roll the scotch egg in the beaten eggs, allowing any excess to drip off. Coat in the fine breadcrumbs. Roll the eggs into the egg mixture again and finally coat them in the panko breadcrumbs, pressing them in so that they really stick.
7. Shallow-fry the eggs for 8-10 minutes, turning often, until they are 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 a paper towel. Season with salt and pepper.

Grainy Mustard 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 grainy mustard. Taste the mixture and adjust the seasoning to taste.

Notes

Serve the Pork & Fennel Scotch Egg warm or cold with the Grainy Mustard Mayo on the side.

TIP

Prepare the Grainy Mustard 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
211g	2900kJ 693kcal	24g	51.9g	11g	32.6g	1.4g	855mg	2.2g

All nutrition values are per serve.

