

Manu's Smoked Salmon Scotch Eggs with Dill Tartare Sauce



Preparation time: 111 mins

Serves: 6 people

User Rating: ★★★★★

Publication: 10 March 2020

Categories: Dinner Recipes, Entertaining



Ingredients

Scotch eggs

- 10 fresh eggs
- 250g salmon fillets (skin off and pin-boned)
- 250g smoked salmon (finely chopped)
- 200ml pouring cream
- 2 tbsp finely chopped chives
- 90g plain flour
- 90g fine breadcrumbs
- 80g panko breadcrumbs

- Oil for deep-frying
- Sea salt
- Black pepper, freshly ground

Dill Tartare Sauce

- 1 egg yolk
- 1 tbsp Dijon mustard
- 250g grape seed oil
- 1 tsp lemon juice
- 1 tbsp chopped cornichons or pickled cucumber
- 1 tbsp chopped capers
- 2 tbsp finely chopped dill
- 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, cut the salmon fillets into large chunks, put them in the food processor with 1 egg white and blend until smooth. Scrape the salmon paste into a bowl and stir in the pouring cream, smoked salmon, chives, salt and pepper until well combined. Cover the mixture and place it in the fridge for 1 hour to chill.
3. Once chilled, divide the mixture into 6 balls and shape each ball into flattened ovals, about 10 cm diameter and set them aside.
4. Place the flour in a shallow dish and season with salt and pepper. Beat the remaining 3 eggs in another dish. Place the fine and panko breadcrumbs in separate shallow dishes.
5. Carefully peel the soft-boiled eggs. Roll each one lightly into flour then place them in the middle of the salmon ovals, and press the mixture around them until they are engulfed and evenly covered.
6. Pour a 4cm depth of oil into a sauté pan or saucepan and heat until it begins to shimmer.
7. Meanwhile, dust the salmon-covered eggs in flour, shaking off any excess and roll them in the beaten egg, allowing any excess to drip off. Coat them 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.
8. Shallow-fry the eggs for 4–5 minutes, turning often, until golden and crisp on the outside and cooked through inside.
9. 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.

Dill Tartare Sauce

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, cornichons, capers and dill and adjust the seasoning to taste.

Notes

Serve the Smoked Salmon Scotch Egg warm or cold with the Dill Tartare Mayonnaise.

TIP

Prepare the Dill Tartare Sauce 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
300g	4100kj 980kcal	37.9g	78.7g	17.9g	31.3g	3.1g	928mg	1.9g
Vitamin D								
10.5µg								

All nutrition values are per serve.