



School of Culinary Art



Scotch Eggs

By Chef Kabelo Segone

Ingredients

- 5 Eggs
- 500g Ground Beef
- 1tbs Parsley
- 100g Flour
- 100g Breadcrumbs
- Oil for frying

Method

1. Boil 4 eggs, then peel and set aside
2. Mix ground beef, chopped parsley and season with salt and pepper
3. Lightly dust the boiled egg with flour then wrap with minced meat
4. Pass through flour, beaten egg and breadcrumbs
5. Cover with cling wrap and refrigerate for at least 15 minutes
6. Deep fry until the outside is golden brown

Oil Tips:

- Don't use any spices in the oil, with will contaminate the oil.
- Always ensure that your oil has reached temperature before adding in your scotch eggs
- Always make use of clean oil for optimum taste.