

Quail scotch eggs

By Shannon Bennett

25 minutes

Prep time

1 hour 20 minutes

Cooking time

6 Servings

Serves



INGREDIENTS

12 quail eggs
2 tablespoons white
vinegar

Pork mince mix

500g pork mince
1 egg
1 tablespoon parsley, finely
chopped
1 tablespoon tarragon,
finely chopped
1 tablespoon shallots, finely
chopped
1 teaspoon Dijon mustard
1 tablespoon goose fat or
butter
Murray River Sea Salt and
white pepper to taste

Assembly

2 tablespoons plain flour
2 eggs, beaten
100ml milk
100g fine white
breadcrumbs or panko
crumbs
1 litre vegetable oil

To serve

Pickles and bread of choice

METHOD

Quail Eggs

1. Steam quail eggs at 100°C for 2 minutes.
2. Gently crack the eggs before placing them in a bowl of ice cold water with the vinegar, stand for 1 hour to soften the shell.
3. Carefully peel the shell and membrane from the eggs. Wash eggs to make sure all remains of shell are removed. Set aside.

Pork mince

1. Combine all ingredients together in the bowl of a food processor. Season well with salt and pepper. Blend for 3-4 seconds until incorporated and a little like a paste.
2. Weigh out into 50g portions for each egg. Roll each portion into a ball and make an indent with your thumb.
3. Place an egg into the cavity and gently press the mince around to completely enclose.
4. Repeat for all 12 eggs.

Assembly

1. Set three separate bowls with flour, eggs whisked with milk, breadcrumbs. Roll each ball in the flour, then dip into the egg mixture and finally roll in the breadcrumbs. Refrigerate until required.
2. Using a thermometer, place the oil in a large saucepan, heat on medium heat, Induction setting 6 until it reaches 180°C.
3. Place two crumbed eggs in the hot oil and cook for 4 minutes until golden brown. Drain on kitchen paper towel.

Repeat for all eggs.

To serve

1. Let the eggs rest for 5 minutes before cutting in half. If they are under cooked, place in a warm oven at 160°C for 5 minutes before serving.
2. Serve one or two eggs per person with pickles and bread of choice. Alternatively pack all 12 scotch eggs for a picnic.

Hints and tips

- Scotch eggs may be served hot or cold. Rice flour can be used instead of plain flour if desired.