



## Traditional Scotch Egg with Homemade Beetroot Chutney

**Serves: 6**

### TASTE OF CATER CARE FACT

Delicious whether eaten hot or cold, the Scotch egg is thought to have been created as a convenience food to eat whilst travelling or working. There continues to be disagreement about where they were invented, although, despite its name, it was definitely not in Scotland! This recipe combines a traditional style Scotch egg with a flavoursome, homemade beetroot chutney.

## INGREDIENTS

- 350gm Beetroot
- 20ml Extra Virgin Olive Oil
- 100gm Red Onion - top, tail, peel, halve and finely dice.
- 100gm Caster Sugar
- 50gm Brown Sugar
- 85ml Balsamic Vinegar
- 35ml Red Wine Vinegar
- To taste - Sea Salt and Ground Black Pepper
- 6 Medium Sized Eggs
- 400gm Pork Sausage Meat
- 8 sprigs Curly Parsley - pick leaves, rinse, drain and finely chop.
- 6 sprigs Thyme - pick leaves, rinse, drain and finely chop.
- 1/2 bunch Chives - rinse, drain and finely slice.
- 1 1/2 tsp Hot English Mustard
- 1 1/2 tsp Dijon Mustard
- To taste - Ground Nutmeg
- 120gm Plain Flour
- 60ml Full Cream Milk
- 160gm Breadcrumbs

## METHOD

1. Place the beetroot in a saucepan and cover with cold water. Place over a moderate heat and bring to the boil, then reduce the heat and allow to gently simmer for 30 minutes or until the beetroot is cooked through and tender. Remove the saucepan from the heat, refresh the beetroot under cold running water and drain well. Allow the beetroot to cool to room temperature, then peel, coarsely grate and set to one side.
2. Place a saucepan over a low heat, add the oil, then add the red onion and sauté, stirring regularly until it has softened. Increase the heat to moderate, add the beetroot, caster sugar, brown sugar, balsamic and red wine vinegar. Mix to combine or, until the sugars have dissolved. Bring up to the boil, then reduce the heat and allow to simmer, stirring regularly, until the sauce has reduced and become syrupy. Season to taste, then remove the saucepan from the heat, set to one side and allow the beetroot chutney to cool to room temperature.
3. Place 4 of the eggs into a saucepan and cover with cold water. Place over a moderate heat, bring to the boil and boil for 2 minutes. Remove the saucepan from the heat and refresh the eggs under cold running water until cool, then drain and carefully peel each one.
4. Place the sausage meat, parsley, thyme, chives, hot English mustard and Dijon mustard into a mixing bowl, mix to combine ingredients, then season to taste with nutmeg, salt, and pepper.



5. Divide the sausage mixture into 4 even pieces. Shape each piece into a patty and place a cooked egg into the centre of each and shape the sausage meat evenly around each egg, until it is sealed. Place the Scotch eggs onto a clean plate and place it into a refrigerator for 1 hour to firm up.
6. Preheat a deep-fryer oil to 160°C.
7. Place the plain flour into a mixing bowl. In a second mixing bowl add the remaining 2 eggs and milk and whisk to combine. In a third mixing bowl, add the breadcrumbs and season to taste.
8. Place each Scotch egg into the flour, lightly coat, then remove and shake off any excess flour. Next, place each one into the egg mixture and lightly coat, then remove and drain off any excess egg mixture. Finally, place each one into the breadcrumb mixture, lightly coat, then remove and shake off any excess breadcrumbs.
9. Carefully place the Scotch eggs in the deep fryer (in batches, if required and fry until they are cooked through and golden brown in colour. Remove from the oil, drain well and place onto absorbent paper to soak up any excess oil and keep warm.

## TO SERVE

Place the Scotch eggs on a serving board or platter. Serve with the beetroot chutney.

---