

Scotch Eggs with a dipping sauce and side salad



Ingredients list

For Scotch Eggs:

- 3 eggs
- 100g Breadcrumbs
- 50g plain flour
- pinch paprika (school can provide)
- 4x Sausages

Side Salad:

- Any salad greens you enjoy
- 8x cherry or plum Tomatoes
- ½ Yellow bell pepper
- Anything else you want to include in your salad!

Dipping sauce option 1: Honey + Mustard Mayo

- 150ml Mayonnaise
- 2 Tbsp Dijon mustard
- 3 Tbsp honey
- 1 tbsp apple cider vinegar (can be made without)

Dipping sauce option 2: BBQ

- 170ml ketchup
- 2 tablespoons light-brown sugar
- 1 tablespoon white-wine vinegar (can be made without)
- 1 tablespoon Worcestershire sauce
- 2 teaspoons paprika (School can provide)

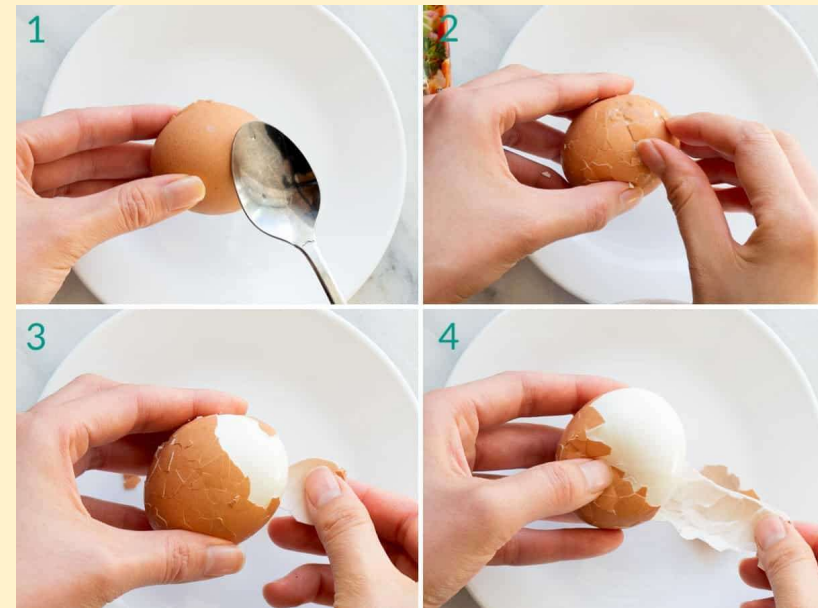
Dipping sauce option 3: Aioli

- 200ml Mayonnaise
- Whole Garlic to roast
- 2 teaspoons lemon juice (or a lemon to squeeze)
- Salt and pepper to taste (School can provide)

Equipment list

- Air fryer (1 between 2)
- Metal plate
- Small plastic bowl
- Saucepan
- Fork
- Plastic spoon
- Green chopping board
- Red Chopping board
- Sharp knife

1. Place the pans with water onto the hob and wait until boiling
2. Add 2 eggs into the pan and cook for 6 minutes.
3. Remove eggs from water and place into the plastic bowl. Run cold water over them to cool them. CAREFULLY and not damaging the egg, peel the eggshells off the eggs.
4. On a metal plate place the breadcrumbs at one end, the flour and paprika at the other.
5. Using a metal fork, crack the remaining egg into the plastic bowl and whisk up.
6. Using the RED chopping board, break open the sausages so that you have just the sausage meat. Using 2 sausages per egg, wrap the sausage meat around the egg so it is completely encased.



IF MAKING AOILI

1. Cut the ends of the garlic and place the entire garlic inside tin foil with a dribble of oil. Scrunch to close and place into an oven at 200°C for 15 minutes.
2. Once cooked, unwrapped from tin foil and crush with a fork. Remove all skin. This is your roasted garlic for the sauce to use later



Method

1. Once the eggs have been completely wrapped in sausage meat, dip them into the whisked egg.
2. Then coat with flour, then breadcrumbs.
3. Repeat this until you have a good coating around the egg (min twice – ideally 3 times!)
4. Spray the air fryers with oil spray to prevent the eggs sticking
5. Fry at 200°C for 12 minutes
6. Turn the eggs over **CAREFULLY AS THEY WILL BE HOT**
7. Fry again at 200°C for 5 minutes. They will be golden brown when fully cooked.



Method

1. For the sauces, combine all the ingredients into one bowl.
2. For the salad, carefully cut everything up so that you create an appealing looking salad
3. Plate up! Make it look as good as you can – select a good plate

and style the food carefully

