

# Please, sir, I want some more!

Ahh, Scotch Eggs. If there ever was a dish to perfectly sum up an English picnic, it would be this one. An egg, perfectly wrapped in sausage meat, coated with breadcrumbs and deep fried or baked to perfection. Crispy, savoury and easy to eat. In short, a delight.

This snack has been a favourite of the British since the early 18th century. In fact, the London-based department store, [Fortnum & Mason](#) claims to have invented the dish, way back in 1738. On the other hand, other claims say that Scotch Eggs were derived from Kofta dishes made famous in countries like India and Egypt. Whatever the truth might be, it certainly hasn't stopped these eggs from being devoured by people for the better part of half a century.

Okay, now that we're all craving a really great Scotch Egg, how about we get down to making it? Well, here's a quick recipe that will have you packing up your picnic basket in no time!

1. Hard boil 8 eggs.
2. Squeeze the sausages out of their skins and into a bowl.
3. Finely chop the herb leaves, add to the sausage meat along with nutmeg, mustard and a pinch of sea salt and black pepper. Mix and divide into 8 balls.
4. Have 3 plates ready, with:
  - a. Some flour
  - b. Two eggs, beaten
  - c. Breadcrumbs.
5. In the palm of one hand, flatten each of the sausage balls into an oval-shaped patty.
6. Roll a peeled egg in flour, and pop it in the middle of your patty. Gently shape the meat evenly around the egg, and mould till sealed.
7. Roll the meat-wrapped egg in the flour and dip into the beaten egg, followed by the breadcrumbs.
8. Heat the oil in a deep pan or deep fat fryer to about 150°C/300°F.
9. Lower the eggs into the pan and cook for 4 minutes, or until golden.
10. Remove with a slotted spoon and drain on kitchen paper
11. Cool the eggs slightly and arrange on a board with a good piece of Scottish Cheddar and a few pickled onions.

*This was inspired by Jamie Oliver's recipe for Proper Scotch Eggs, that you can find [here](#).*

So, the next time you find yourself wondering what to do on a gorgeous spring day, plan a picnic! You've already got a great recipe for some food.