

## Recipe for Guinea Fowl & Black Pudding Scotch Egg

Rating



added by somersetchef to the River Cottage Community  
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Okay. I have been asked time and time again about the recipe for my hopeful for the Scotch Egg Challenge, to which I have until now denied the divulgence thereof. It's not because I am some spoiled brat who never shares. Aux Contraire, I love to share my love of food with others. I had a plan that was in my head to be all teasingly seductive with little drip fed morsels of info to whet appetites for the final unveiling..... But I'm no good at that. So instead, I have sent it all over the World via the super highway. From my own blogspot to River Cottage, from Foodie Blogroll to Regional Menu and many others. And my main reason? It isn't to gain recognition for my (ahem) Culinary genius (no laughing at the back!), nor is it to bear witness to my original creation being mine. It is all about the egg. Scotch eggs are a wonderful creation, when made and cooked properly. They should be moist of meat, crisp of shell, and the egg should be firm or runny, dependant on whether partaken cold or hot. They should never be dry, requiring the addition of Salad cream or Mayonnaise by the bowl load. They should not be bland, nor should they have a shell that resembles a roughened leathery skin. If you have always eaten the latter, never realising that the former existed then you have been misled and we, from within the Cooking Sphere, would like to apologise profusely for the lack of the true Scotch Egg in your lives. But the good news is they are growing at a rapid pace. Places and People all over the Country are stepping forth and delivering these little golden Meat & Egg parcels to thousands of eager guests, so many in fact it feels like a little food revolution all on its' own.

Prep time 25 minutes

Cook time 12 minutes

Servings 6

- Ingredients
- 180g Guinea Fowl Meat
  - 120g Skinned Pork Sausages
  - 40g Black Pudding
  - 1 teaspoon Grain Mustard
  - 2 dessert spoons Apple Vinegar
  - 2 dessert spoons Minced Onion
  - Zest of ½ Grapefruit

- 1 teaspoon Thyme leaves, chopped
- 1 teaspoon flat leaf, chopped
- Seasoning
- 6 medium Guinea Fowls' or Hens' Eggs
- Seasoned Flour
- Good pinch of Fennel Pollen
- 2 Beaten Eggs
- 2-3 drops Truffle Oil
- Semolina
- 60g Ciabatta crumbs
- 40g Japanese Honey Bread Crumbs
- Cracked Pepper

## Directions

????????? For the first meat mix, place all the Guinea Fowl meat, 90g of the skinned Sausage meat, ? a dessert spoon of the minced Onion, all the Grain Mustard, Apple Vinegar, Grapefruit zest, seasoning & Thyme into a food processor with some seasoning and blitz with a metal blade until an almost smooth mix is obtained.

????????? Clean out the bowl and for the second meat mix place the Black Pudding, the remaining 30g of skinned Sausages, 1 ? dessert spoons of minced onion, seasoning & the Flat Leaf in.

????????? Blitz until a like for like consistency to the first mix is done.

????????? Place the eggs in a pan of water with a dash of vinegar, put on the stove and bring to the boil. At this point cook for a further 4 minutes.

????????? Strain the water, jiggle the pan to crack the shells, and flush with running cold water until eggs are chilled.

????????? Peel the Eggs.

????????? Roll in a mix of seasoned flour and Fennel pollen, shaking off the excess.

????????? Roll the eggs, one at a time in the mix of beaten egg and truffle oil, again, shaking off the excess.

????????? Take 1/6 of the Guinea Fowl & Sausage mix and flatten out large enough to fully cover the egg. Mould evenly round the egg, ensuring it is fully covered without holes in the meat.

????????? Re-roll in the flour, then the egg and repeat the meat process, but this time with the Black Pudding/Sausage Meat. Make sure it is tightly moulded around the Guinea Fowl.

????????? Roll through the Semolina, shake then roll in the Egg.

????????? Roll into the Combined Breadcrumb.

????????? Repeat the last two stages.

????????? To cook, heat the fryer or a pan 1/3 filled with oil to a temperature of 170°C and cook eggs for 5-6 minutes, until an even golden brown colour.

????????? Place on absorbent paper, and sprinkle with a little cracked pepper whilst rolling around.

Note: For a less fussy and quicker option, you can put the ingredients for both meat

mixes into the food processor to make just the one.

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Enjoy.

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