



EGGCENTRIC TREAT

Titillate your tastebuds with Miss Windsor's splendidly gratifying little meaty balls of deliciousness



Hello, darlings! Thank you for popping by. I dare say, my recipe created with quails' eggs and butcher's best sausage meat – 'jazzed up' with spring onion, a smattering of parsley, plus a dash of wholegrain and Dijon mustard – will satisfy all carnivore palates and will certainly give Fortnum & Mason a run for their money. In fact, they proclaimed the scotch egg was invented in 1738 at their Piccadilly, London store – Miss Windsor's favourite. Enjoy with oodles of gusto!

Miss Windsor x

*Preparation time: 40 mins
Cooking time: 20 mins
Serves: seven to eight (two per guest)*

INGREDIENTS

14 to 16 quails' eggs
For meat layer
 500g (just over 2 cups) of sausage meat - preferably from your local butcher
 3 x finely chopped spring onions
 1 heaped tablespoon of parsley
 1 heaped tablespoon of wholegrain mustard
 1 heaped teaspoon of Dijon mustard
 A dash of cracked black pepper & sea salt
For breadcrumb coating
 2 slices of stale brown bread
 4 large crackers or crispbreads
 1 egg
 A handful of plain or all-purpose flour

METHOD

1. Pre-heat oven to 200 *C / 180 Fan / 400 *F / gas mark 6
2. First off, fill a large saucepan with approximately 2.5 cm (1 inch) of water – which is just enough to cover the eggs. Then bring to the boil.
3. When the water begins to 'gallop' gently drop in the eggs and boil for exactly two minutes.
4. Allow the eggs to completely cool.

Whilst doing so, it's time to crack on with the

breadcrumb coating.

5. Reach for your mini-chopper or similar implement, and whizz together the crackers and brown bread and transfer to a medium size bowl.
6. Now, moving swiftly on to the delicious meaty layer. So, using your mini-chopper again, finely dice the spring onion then pop into a large mixing-bowl.
7. To the spring onion add the butcher's best sausage meat, salt & pepper, parsley, and two types of mustard. Blend together well.
8. Divide the sausage meat into 14 to 16 equal pieces – see how far you can stretch the mixture. Then flatten each piece into a patty-like shape ready to enwreath the eggs.
9. Darlings, the time has arrived to gently peel-off the egg shells – steady hands please.
10. Then in a line on your counter: first place the eggs, the plate of sausage patties, a plate of flour, a small vessel of whisked egg, followed by the bowl of breadcrumbs – Voila!
11. Now, roll an egg in flour, then wrap in a sausage patty, roll again in flour, into the whisked egg, followed by a jolly good coating of breadcrumbs. Place on ungreased large baking tray.
12. Repeat process 14 to 16 times.
13. Place on the middle shelf of oven and bake for 20 minutes. Turn once halfway through cooking.
14. Serve hot or cold with a dollop or two of Piccalilli.