

# Scotch Eggs

*Eva Kemp*

*Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011*

*8 hard-boiled eggs, peeled  
1 pound sage breakfast  
sausage meat  
plain breadcrumbs  
1 egg, thoroughly beaten  
flour*

Enclose each egg in sausage meat evenly. Dip the egg in flour. Let sit for 2 minutes.

Dip the floured egg in the beaten egg mixture. Roll in breadcrumbs.

Dip again into the beaten egg. Roll again in the breadcrumbs.

Deep fry in 400 degree oil for about 10 minutes. Drain well.

(Only cook two or three eggs at a time, otherwise the oil will cool.)

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Per Serving (excluding unknown items): 694 Calories; 47g Fat (63.4% calories from fat); 57g Protein; 5g Carbohydrate; 0g Dietary Fiber; 1908mg Cholesterol; 566mg Sodium. Exchanges: 8 Lean Meat; 4 1/2 Fat.