



Carrot, Horseradish and Beef Scotch Egg

With a few twists up its sleeve, our horseradish beef scotch egg takes a snack-food classic up a notch

Serves: 8

Prepare: 30 Minutes

Cook: 10 Minutes

Difficulty: medium

Ingredients

- 500g [organic beef mince](#)
- 5 organic eggs
- 1 inch of fresh horseradish, grated
- 2 large carrots, grated
- ½ tsp salt
- 1 tsp black pepper
- 200g spelt flour
- 200g fresh breadcrumbs
- 500ml of rapeseed oil

Method

1. Soft boil 4 eggs by adding them to a pan of rapidly simmering water and cooking for 5 to 6 minutes. You need them to be firm enough to be covered in the mixture but soft enough that once fried they still have a runny yolk
2. While the eggs are cooking, prepare 3 bowls. Add a gently beaten egg to one, breadcrumbs to another and seasoned flour to the third
3. In a large bowl, combine the beef mince with the grated horseradish and carrot
4. Remove the eggs from the water and place immediately into ice-cold water. As soon as they're cool enough to handle, peel off the shells
5. Dip each egg into the flour, then into the beaten egg. Using your hands, mould a layer of beef mince mixture about 1cm thick around the eggs. Make sure the layer is even and well sealed all around. Dip again in the whisked egg before coating generously with breadcrumbs
6. Fill a deep saucepan 2/3 full with oil. Be careful not to overfill the pan as the oil may splash. Heat the oil slowly to between 175°C and 190°C. You'll know it's ready when a cube of bread browns immediately when dropped in
7. Carefully place the Scotch eggs one at a time into the oil and fry until golden crisp. Remove and place on 4 layers of kitchen roll to drain off any excess oil
8. Serve immediately for runny yolks or allow them to cool before storing in the fridge if you're making them ahead of time