

SPICED SOBRASADA SCOTCH EGG

Gary Parsons, *H&B Executive Chef*

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the fine food c^o

Whatever we do, from sourcing amazing food
to delivering it on time,
we always stick to one simple rule...

an absolute dedication to honest, authentic, remarkable food.

SPICED SOBRASADA SCOTCH EGG

Chef Gary Parsons

Ingredients

SERVES 10 PORTIONS

CA649 Spiced Sobrasada	15g
FL053 Viron Flour La Classique T55	110g
IN019 Cornish Sea Salt	3g
Panko Bread Crumbs	150g
Quails Egg	10
Sausage Meat	300g
Eggs	1

Method

1. Bring a pan of water to a rapid boil, then lower 10 of the quails eggs into the pan and simmer for 1 minute. Remove from the heat and leave in the water for precisely 30 seconds.
2. Scoop out and place in a bowl of iced water, cracking the shells a little (this makes them easier to peel later). Leave them to cool completely, then peel and set aside. These can be boiled the day before.
3. Weigh out ten individual 30g balls of sausage meat and flatten out one of the balls between a piece of cling film until it's as flat. One at a time, lightly flour each cooked egg, then use the cling film to help roll the sausage meat around the egg to completely encase the egg. Repeat with the remaining balls of sausage meat and eggs.
4. Beat the egg and pour onto a plate, then put the flour and breadcrumbs on two separate plates. Roll the encased eggs in the flour, then the beaten egg and finally the breadcrumbs. This can also be prepared up to a day in advance.
5. To cook the eggs, heat the oil in a deep fat fryer until it reaches 160°C on a cooking thermometer or until a few breadcrumbs turn golden after 10 seconds in the oil. Lower as many eggs as you can into the oil, and cook for 4-8 minutes until golden and crispy. Drain on kitchen paper leaving to cool a little and then sprinkle with the cornish sea salt.



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using Spiced Sobrasada from Crown & Queue

Spiced Sobrasada

Sobrasada originates from the Balearic Islands, but Crown & Queue's version of the spreadable, spicy sausage takes inspiration from a 19th Century British cookbook, which devotes a whole chapter to spiced dishes, known as Devils. Heat comes mainly from dried cayenne pepper, plus a bespoke smoked chilli blend, while gochugaru peppers, fermented anchovy oil, garlic and nutmeg add to the party.

Bermondsey Spiced Sobrasada

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Flour La Classique T55

One of the most famous flour mills in the 'bread basket' region of France is Minoteries Viron, which has won hearts and stomachs by supplying artisan bread makers for over seven generations. Harvey & Brockless remain sole distributor in the UK for this highly sought after traditionally ground flour with no additives, chemical products or improvers added...Viron flour is unequivocally the main ingredient for so many prize winning breads.

Cornish Sea Salt

A pebble's throw from the Atlantic Ocean, the salt house that produces Cornish Sea Salt uses pure sea water from a protected marine zone, which is high in trace elements. It's this purity that gives the salt its fresh flavour and makes it so popular with chefs. Add a sprinkle to chocolate brownies to elevate them to new levels.