



SMOKED HADDOCK & SEAWEED SCOTCH EGG

A smokey and crisp twist on a classic Scotch egg, seasoned with seaweed and championing the Burford Brown egg. Serve with homemade mayonnaise if you have time.

INGREDIENTS

5 Clarence Court Burford Browns
1 litre milk
2 bay leaves
5 peppercorns
20g flat leaf parsley
400g smoked haddock fillet
30g unsalted butter
6 spring onions, trimmed and sliced
Sea salt and freshly ground black pepper
1 teaspoon
50g plain flour
100g dried panko breadcrumbs
Vegetable oil for deep fat frying
Serve with good quality mayonnaise and watercress



METHOD

Boil 4 eggs for 5 to 6 minutes to soft boil. Once cooked, put the eggs into a bowl of iced water to cool. Once cooled, carefully peel and place in the fridge.

Place the milk in a shallow pan, add the bay leaves, peppercorns and a few parsley sprigs. Bring to a medium heat and allow to steam but not bubble. Place the haddock in the milk and poach for 5 minutes or until tender. Meanwhile place a small frying pan on a low heat and add the butter followed by the spring onions. Saute for 5 minutes until soft but not browned. Remove the haddock to a plate, peel off the skin and flake the fish into a mixing bowl.

Add the cooked onions. Finely chop the parsley and ½ teaspoon of seaweed and add to the mixture. Stir well and allow to cool, then transfer to the fridge ideally for an hour or two.

Have 3 dishes ready, one with flour, one with the remaining beaten egg and one with breadcrumbs, crumble in the remaining seaweed.

Blitz the haddock mixture in the food processor and stir in a splash of milk. Split the mixture into 4 and carefully pack around each egg, then pat into a ball. Dust each ball all over with flour, roll in beaten egg and coat in breadcrumbs. Place on a plate and leave in the fridge.

Add the oil to a large heavy based saucepan until it reaches two thirds of the way up the pan. Place the pan on a medium heat. Test the heat with a piece of potato, once it's golden you can start frying. Fry the eggs in batches for 5 minutes or until golden and crisp. Remove the eggs with a slotted spoon and place on a plate lined with kitchen roll.

Sprinkle with a little salt and serve with mayonnaise and watercress.






Clarence Court