

Humpty Dumpty Scotch Egg



Method

1. Preheat the oven to 200°C (180 fan)/gas mark 6
2. First bring a pan of water to the boil. Once the water is bubbling, carefully add your egg and boil for 10 minutes until the egg is hard. This is a hob job so ask your grown up helper to do this for you, as the hob and the pan will be hot, hot, hot.
3. Then, carefully place the egg in a bowl of cold water to cool down. Once the egg is cool to touch, tap the egg to crack and peel the shell off.
4. Mash the sausages in a mixing bowl with a fork and roll them into a ball.
5. On a clean floured chopping board, place the ball and using the heel of your hand to squash it down to make a flat pancake shape. Make sure to wash your hands after handling raw meat.
6. Next place the egg in the middle of the pancake and wrap it around, making sure to press the joins together firmly without squishing the egg.
7. Crack the second egg into a bowl and whisk with a fork. Pour the flour and the breadcrumbs into two other mixing bowls.
8. Now for the messy bit! Dip the sausage covered egg into the whisked egg wash. Then into the flour and then into the breadcrumbs. The egg wash should stick the breadcrumbs and flour. Make sure to wash your hands after handling raw egg!
9. Once your scotch egg is covered, place it on an oiled baking tray. Drizzle a little olive oil over the top and bake for 20 minutes, turning around every 5 minutes or so to get an even crispy finish.
10. Once it is cooked, get your grown up helper to help take it out of the oven, because it will be hot, hot, hot!
11. To decorate, use two black olives for eyes, courgette strips for arms and legs and a piece of carrot for a smile.
12. Set your Humpty Dumpty on his egg cup. To finish it off you can draw your own paper wall for Humpty to sit on. Just use a strip of paper and felt tips, and attach to the egg cup with sticky tape.

Ingredients

- Sausages - 2 pork, chicken or veggie sausages
- 2 eggs
- 1 slice of bread, made into breadcrumbs
- A splash of olive oil
- 2 tablespoons of plain flour
- 2 black olives, cut in half
- Half a courgette cut into long thin batons.
- 1 carrot, peeled and sliced