

FOXWOODS FOOD & WINE FESTIVAL

BOB AMBROSE

SCOTCH QUAIL EGGS

Makes 18

INGREDIENTS:

18 quail eggs
1 ½ lbs. pork sausage meat (if links, remove casing)
Salt and black pepper to taste
1 tsp. dry mustard
1 Tbs. fresh sage, cut into chiffonade
4 oz. all-purpose flour, seasoned with salt and black pepper
4 large eggs, beaten, seasoned with salt and black pepper
10 oz. Japanese breadcrumbs, seasoned with salt, black pepper, and garlic powder
48 oz. canola oil

DIRECTIONS:

Place quail eggs in pot of cold water, bring to boil, reduce to steady simmer and cook for 2½ minutes. Remove eggs from water, and shock in ice water. While eggs are cooling, season sausage meat with salt, black pepper, dry mustard, and sage. To check seasoning, fry small quantity in pan and taste. When cool, carefully shell eggs under cold water. Take 1¼ oz. of sausage mixture, roll into ball and flatten to approximately ¼". Carefully wrap each egg with sausage mixture, and press edges together to seal.

Place seasoned flour, beaten eggs and breadcrumbs in 3 separate bowls. Roll scotch eggs in flour, tap off any excess, roll in beaten egg, and finally coat with breadcrumbs. Place in freezer for 5

DIRECTIONS:

minutes to harden breadcrumbs, dip again into egg, and coat with breadcrumbs.

While preparing eggs, heat oil to 300°–325°F in 3 ½–4 quart pot. Fry eggs in 3 batches (6 eggs each) for approximately 4–4 ½ minutes (until outside is golden brown, sausage cooked through, and egg is warm). When cool enough to handle, cut in half length-wise and serve.