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This dish created by:



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Crushed Chickpea Scotch Egg

Ingredients

400g tin chickpeas
2 spring onions finely chopped
1 tsp ground cumin
1 lemon - zest only
30g plain flour
½ tsp salt
Freshly ground black pepper
4 large free-range eggs
Salt and freshly ground black pepper
100g plain flour, seasoned with salt and
freshly ground black pepper
1 free-range egg, beaten
100g breadcrumbs
Vegetable oil for deep frying

Serves: 4

Suitable for: Vegetarian

Method

Put the chickpeas in a saucepan and mash until as smooth as possible.

Add the spring onions, cumin, lemon zest, flour and salt. Season with lots of black pepper and mix well with a wooden spoon.

Place the eggs into boiling water and cook for 4 minutes for a runny yolk or 7-8 minutes for a hard yolk. Drain and cool the eggs under cold running water, then peel.

Divide the crushed chickpea mixture into four and flatten each out into ovals approx. 12.5cm long and 7.5cm at their widest point.

Place each egg onto a crushed chickpea mixture oval, then wrap the mixture around each egg. Make sure the coating is smooth and completely covers each egg.

Place the seasoned flour onto a plate the roll each boiled egg in it to cover, then dip each in the beaten egg and finally rolling in the breadcrumbs to completely cover.

Heat the oil in a deep heavy-bottomed pan, until a breadcrumb sizzles and turns brown when dropped into it.

Carefully place each scotch egg into the hot oil (take care as the oil will be extremely hot) and deep-fry for 4-5 minutes, until golden and crisp.

Carefully remove with a slotted spoon and drain on kitchen paper.