**Smoked haddock scotch egg, pea shoots and black pudding salad, with a curry mayonnaise**

This recipe is a very good starter or light lunch. It can be modified to use different smoked fish – hot smoked salmon or trout would work well, as would crabmeat, but you would deep fry for a little less time if using cooked fish instead of the raw smoked haddock. The salad is optional and could also be changed – if using salmon or trout, perhaps serve with asparagus and a lemon mayonnaise. The mayonnaise can be made with a good quality shop bought alternative. If you would like to see a visual demonstration of the scotch eggs with smoked trout you can see this on my ‘highlights’ section of the my Instagram page - @jillymccordcooks

**Ingredients**

Serves 4

*For the Scotch Egg*

2 large baking potatoes (you need to have 160g of mashed potato mixture)

200g smoked haddock

Chives or parsley small bunch

Tsp of sweet chilli sauce or a ½ tsp of chopped fresh red chilli

1 lemon

6 Quail Eggs

2 eggs

70g panko breadcrumbs (any breadcrumb would do, but these give a very crispy finish)

70g plain flour

1 litre sunflower oil (for deep frying)

*For the salad*

100g Stornoway black pudding

Bag pea shoots (or any other green leaf)

Salad dressing – (3 tbsp Olive oil, 1 tbsp white wine vinegar, 1 tsp Dijon mustard, pinch of sugar)

*For the Mayonnaise*

1 egg yolk

1 tsp Dijon mustard

1 tsp lemon juice

1tsp white wine vinegar

150 ml sunflower oil

1 tsp of curry powder or paste (to taste)

**Method**

For the Scotch Eggs

* Bake the potatoes at 170C for around 1 hour (as you would a normal baked potato). This helps dry the potato more than boiling it. If short of time, you can boil or steam the potato, but just make sure you let them dry out before mashing.
* Whilst the potatoes are baking, cut up the smoked haddock into very small pieces, almost like the texture of mince. Chop up the chives and/or parsley and chilli (if using)
* Place a pan of water and set to boil. Once it is boiling vigorously, get a stopwatch and set it for 2m15s. Also prepare a bowl of cold water with ice cubes in it. Place the quail eggs in the boiling water for exactly 2m15s and then remove and cool immediately in the cold water. I have found that quails eggs are sometimes difficult to peel, so best to do a few spare in case of accidents. The egg needs to be intact, but soft before casing it in the fish mix.
* Once the potatoes have baked, remove flesh and weight out correct amount (160g). Put the potato through a potato ricer (if possible). If not, perhaps push through a colander or mash until very smooth. Leave the potato to cool before adding the fish.
* Once potato is cool, add the fish, herbs and chilli to the potato and mix well.
* To assemble the egg, take a portion of the mixture and spread it thinly on your hand. Cup your hand slightly and add the quails egg to the centre. You need to be quite careful here so as not to burst the egg. Shape the mixture around the egg into a ball. Repeat until the mixture is all used up. Hopefully this amount should make 4-6 scotch eggs.
* Now place 3 shallow bowls in front of you; one with flour, one with beaten eggs, one with the breadcrumbs
* Roll the eggs in flour – coating completely, then egg, then the breadcrumbs. Repeat for all of your eggs and set aside. If you are making them ahead of time, put them in the fridge for up to several hours, or overnight.

For the salad

* Cube the black pudding into 1cm squares. Take a small frying pan and fry until crispy on all sides. Remove and drain on kitchen paper
* Make the salad dressing by whisking oil, vinegar, mustard and sugar together until formed an emulsion.
* Have all of this prepared just before cooking scotch eggs and set aside.

For the Mayonnaise

* Ideally take a food processor or a clean glass bowl and whisk
* If using a food processor put egg yolk, mustard and white wine vinegar into bowl and begin processor. Add very small amounts of the oil, almost a drip at a time until the mayonnaise begins to thicken. If you add the oil too quickly it may well split.
* Once the mayonnaise is thick and glossy, add salt, lemon juice and pepper to taste.
* Mix curry powder with a small amount of water and add to mayonnaise to taste. If using curry paste, just add a small amount and taste until a light curried taste is achieved.
* If not using a food processor, use a whisk and bowl – follow exact same process, but just whisk by hand – this will take more time and effort, but results will be the same. Put a damp teacloth under the bowl and create a cradle for the bowl to keep it steady as you add the oil.

**To Serve**

* Heat a deep sauce pan with the sunflower oil or use a deep fat fryer. Try to get a pan that will be about a third full with the litre of oil before adding the eggs. Get the temperature to 180C or if you do not have a thermometer, try a small breadcrumb in the pan – if it fizzes and turns brown quickly in the oil, it is ready for the eggs.
* Carefully lower the eggs into the pan, being careful not to drop them in. Do not crowd the pan, so maybe need to do two batches. Allow the eggs to deep fry for 2-3 minutes – watch the colour carefully and aim for a golden brown exterior.
* Remove from the oil and drain on kitchen paper. Carefully cut the eggs in half with a sharp knife – hopefully the centre of the egg will be runny, but the fish cooked around it.
* Plate the salad and black pudding – dress with vinaigrette
* Add a teaspoon of the curry mayonnaise to the plate
* Plate the scotch eggs