



Scotch Eggs are one thing. Welsh Eggs are something totally different?

Ingredients:-

170g of Grated Cheddar Cheese (Lactose free for us)
450g Potatoes, boiled and mashed
42g of Plain Flour (Gluten free for us)
Salt & Pepper to season
4 Hard Boiled Eggs
1 Egg beaten
Breadcrumbs to coat (Gluten free bread wuzzed up for us)
Oil to fry

Method:-

- (1) Mix the Cheese, Potato and Flour & season to taste.
- (2) Divide the mixture into four portions.
- (3) Mould the mixture around the Hard Boiled Eggs.
- (4) Brush each coated Egg with the beaten Egg.
- (5) Roll in Breadcrumbs.
- (6) Fry in hot oil until the coating is golden brown and crispy.

We had these with the could Welsh Dragon Pie, pickles and Crisps. They were very hearty indeed?..