

BLOOD for FOOD

too good to waste

BLOOD PUDDING

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This recipe is adapted from a black pudding recipe from the Borough Market in London. I have tried variations with rice, polenta, potato instead of oats. The onion can be substituted for leeks and additions such as chestnuts are a good idea too.

175 g	oats, soaked in milk overnight, drained
250 ml	blood
1	egg
1	white onion, sliced thickly
25 g	lard
¼ tsp	cinnamon
2	cloves, ground
½ tsp	black pepper
1 tsp	chopped thyme, oregano, parsley and sage
1 tsp	salt

Put the **drained** oats into a large saucepan. Pour in the egg, blood, onion and lard.

Warm the mixture slowly over low heat while stirring constantly for not more than 2-3 minutes.

Add the herbs and salt to the mixture and allow to cool slightly.

In the meantime line a loaf tin with baking paper and preheat a **bain marie** (baking dish with water) in the oven at 160°C.

Transfer the blood pudding to the tin and **bake** for 45 minutes.

After the pudding cooled, cut into slices and fry (in butter) on both sides until **crispy**.

Chef's Note

The cooked pudding keeps well for a couple of days in the fridge. Serve the pudding with cooked apple slices, spicy greens, and small amount of your favorite vinegar.