

BLOOD for FOOD

too good to waste

Bloody Carbonara

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One early morning chef Margaretha Jüngling came to my house for a photoshoot. While we were prepping the kitchen she smiled at me and said: "Laura! Imagine doing a carbonara with blood instead of egg". Maybe she had a hangover - i can't explain why else she would be dreaming of such a dish. So here you go - your next hangover meal.

Two portions

50 g	speck / pancetta / guanciale, important is that it's from an animal which lived a happy life
180 g	spaghetti (or bucatini)
80 g	blood
75 g	butter

Cut the meat into pieces and fry in a medium pan to your liking - some like it soft, some crispy. Let the **pan cool down** a bit more than room temperature.

In the meantime cook the pasta in salted, boiling water - al dente if possible. Strain the **pasta** and **let it cool** for about 1 minutes.

Add the pasta to the pan with speck in it. Both items should be **warm**, but not hot.

While the pasta is cooking prepare a bain marie. Take a pot with softly boiling water and add a bowl over it. The boiling water should not touch the bowl. Add the blood to the bowl and whisk the blood for a couple of minutes. You are cooking the blood at very low temperature, it should not become mealy but stay liquid. It will slowly thicken. After 3-5 Minutes add the slightly cooked blood to the pasta, toss gently, season with salt and pepper and serve.

If you really have a hangover you can skip the bain marie step and add the blood directly to the warm pasta, just make sure that the pasta is too hot or else the blood will curdle, and not too cold or else the blood will not thicken.

Chef's Note

There are many ways to boil and egg, as there are recipes to prepare carbonara - we settle on one and change with our mood.