

BLOOD for FOOD

too good to waste

Bloody Mussels

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I started working intensely with blood again for the Bloody Spontaneous Cuisine Dinner series in April. At this dinner serie we served this dish as a starter with bread. The salty and metallic flavor of mussels pair very well with blood. This recipe makes 1 portion as a main dish, or 2 portions as a starter.

500 g mussels
1 shallot
1 clove of garlic
2 spring onions
½ bunch dill
½ bunch parsley
1 tbs olive oil
50 g dry white wine
50 g pork blood

Chop the shallots and garlic very finely. Wash the herbs and **chop** inclusive the parsley stem also very finely.

Wash the mussels in cold water and remove any little beards which are attached to the mussels.

In a medium pot, heat the olive oil on medium heat, add the shallots and garlic and bring to a sweat. Add the white wine and let it **reduce** by ⅓.

Add the mussels and **cover** the pot with a lid and cook until the mussels opened.

Take the pan from the heat, let it cool for one minute and slowly add the pig blood while stirring. The sauce will start to thicken in a couple of minutes.

At the end add all the chopped herbs, mix and serve immediately.