

BLOOD for FOOD

too good to waste

Bloody Pancakes

Margaretha Jüngling

Mai 2016

I started working intensely with blood again for the Bloody Spontaneous Cuisine Dinner series in April. At these dinners I served a similar pancake but done with sourdough. The flavor of sourdough and blood combines very well. This recipe is a bit an adapted version where the buckwheat brings some tartness to the dough.

70 g	blood
190 g	plain white flour
10 g	buckwheat flour
2 g	baking powder
4 g	salt
2dl	mix of water and milk (to your liking)
	neutral flavored fat for frying

Beat the blood in a stand mixer first slowly for about 2 minutes, then continue mixing on high speed for another 3-6 minutes until the blood has become a light, airy and stiff mass.

Combine the **dry ingredients** in a large bowl. Slowly add the milk/water mix to the dry ingredients and mix well.

Gently fold in the stiff blood to the mass. Mix only **briefly** until the blood mass is incorporated.

Warm a frying pan on medium heat. Grease the pan with a fat to your liking - it should be as **flavor neutral** as possible. When the fat is warm, add some dough to the pan, cook the pancake on each side for about 2 minutes only. Use a **lid** on the pan when cooking the first side of the pancake.

Chef's Note

Serve these pancakes as a side or topped with sweet or salty ingredients.