

BLOOD for FOOD

too good to waste

RAVIOLI WITH VIN CUIT AND BLOOD

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Alessandra Roversi, the Welsch gastronom sent me an old Swiss recipe of a Vin Cuit blood omelet. This recipe is my interpretation of a combination that supposedly has had a long tradition in Switzerland.

DOUGH

150 g Plain white flour
100 g Semola di grano duro
1 yellow of egg
65 g blood
3 TBS oil
water

FILLING

2 TBS butter
2 small shallot, finely chopped
2 dl blood (preferably pig)
1.5 dl vin cuit

5 TBS butter
½ bunch sage
salt

For the dough mix the two flours in a large bowl. Add the egg, blood and oil and mix. You will have to use your hands at some point. Add little water to the dough and work it with the hand continuously until you have a smooth dough. Be careful not to add too much water at a time, you will need less than you think! Form into a ball, cover with plastic wrap and let it rest in the fridge for at least 30 minutes.

For the filling heat the butter on medium heat in a medium frying pan. Add the shallots and bring to a sweat. Lower the heat and let the pan cool down slightly. Add the blood and stir continuously, then add the vin cuit. Cook for one minute until the blood and vin cuit bind. Season with salt (no pepper!) and set aside to cool.

With the pasta machine make the sheets of pasta and create the ravioli to the size of your liking. Fill with the vin cuit filling and use blood instead of egg to seal the edges of the ravioli. When

they are cut, put them on a plate, use flour incase the ravioli feel sticky. Use baking paper between the raviolis to prevent sticking. Cover with plastic wrap and keep in the fridge until you are ready to cook them.

When you are ready to serve the ravioli bring a large pot of water covered with a lid to a boil, then salt the water.

While waiting for the water to boil, heat the butter in a large frying pan at high heat. Add the sage and wait until the sage becomes crispy and the butter nicely browned. Salt and turn of the heat. Turn on low heat just before you add the ravioli to the frying pan.

When the water is boiling add the ravioli to the pot. You will have to work in batches. Cook for about 5 minutes, check a ravioli before removing the ravioli with a sieve-spoon. Put the cooked raviolis directly into the warm frying pan. Some people like their raviolis crispy, some not, ask your guests and serve immediately!

Chef's Note

The raviolis can be made a couple of hours in advance and cooked just before serving. You can serve the ravioli with pepper and grated cheese, but you might loose some of the flavor of the blood.