

BLOOD for FOOD

too good to waste

Sanguinaccio alla Napoletana

Jennifer McLagan

Book: Odd Bits, page 226

This recipe is from Jennifer McLagan - a very important and inspiring woman when it comes to eating and respecting animals. This recipe is great because it leaves enough room for the blood flavor.

150 g sugar
30 g dark chocolate powder
½ teasp. ground ginger
1 pinch fine sea salt
250 ml whole milk
125 ml pork blood, strained
finely grated zest of one orange
100 g candied fruit, finely diced (optional)

Place the sugar in a bowl, then sift in the cocoa and cornstarch. Add the ginger and salt, then gradually whisk in the milk until the mixture is fairly smooth. Pour in the blood and whisk to combine.

Pour the mixture - which will be a crimson color - into a saucepan and place over medium heat. Stir constantly with a spatula to make sure the mixture doesn't stick to the sides of the pan.

Continue to stir until the mixture thickens and approaches a boil. The color will change from burgundy to dark chocolate and will become shiny and smooth. It will look like melted chocolate. Remove the pan from the heat.

Stir in the orange zest and candied fruit, if using.

Transfer the mixture to a bowl and stir it again to distribute the fruit. Press a piece of plastic wrap on the surface to prevent a skin forming, cool and refrigerate. Serve in small dishes with whipped cream.