

Black Pudding

Learn to make authentic British black pudding at home with this traditional recipe. Rich, savory blood sausage perfect for a full English breakfast.

40	40	80	8	Medium
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Black Pudding

Ingredients

- 1 cup rice
- 1 cup butter
- 1 onion
- 2 apple
- 2 bay leaf
- 2 clove
- 1 tsp cilantro (coriander)
- 1 tsp paprika
- 1 tsp cayenne pepper
- 1 tsp salt
- 1 tsp black pepper
- 4 tbsp fresh oregano

Instructions

- 1 Toast the spices**

Heat a dry non-stick pan over medium-high heat. Add 2 bay leaves, 2 cloves, 2 black peppercorns, and 2 coriander seeds. Toast for 1-2 minutes, stirring constantly, until fragrant and lightly browned.
- 2** Remove toasted spices from heat and let cool completely, about 5 minutes. Grind in a spice grinder or mortar and pestle until you have a fine powder.
- 3 Prepare aromatics**

Heat 4 tablespoons butter in a deep pot over medium-low heat until melted and foamy, about 2 minutes. Add 1 diced onion with a pinch of salt and cook until soft and translucent, 3-4 minutes.
- 4** Add 1 diced apple to the pot and cook until tender but still holding shape, 2-3 minutes. Add 1 teaspoon thyme and cook 30 seconds until fragrant.
- 5** Remove pot from heat and let cool to room temperature, about 15 minutes. This prevents the mixture from cooking the blood later.
- 6 Prepare meat mixture**

Using a meat grinder with medium plate, grind 1 pound chilled pork shoulder until evenly textured. Keep the meat cold throughout

grinding.

- 7 In a large bowl, combine ground pork, 1 cup cooked rice, cooled onion-apple mixture, 1 teaspoon paprika, 1 teaspoon cayenne pepper, 1 teaspoon salt, and ground spice mixture. Mix thoroughly until well combined.
- 8 Cover mixture with plastic wrap and refrigerate for at least 1 hour or overnight to allow flavors to develop.
- 9 **Add blood and fat**
Blend 1 cup pork blood in a blender on high speed for 30 seconds until completely smooth with no lumps remaining.
- 10 Add blended blood and diced pork fat to chilled meat mixture. Using a spatula, fold gently until evenly distributed without overmixing.
- 11 **Fill casings**
Rinse pork casings under cold running water and soak according to package directions until pliable. Using a sausage stuffer, fill casings with mixture, maintaining steady pressure to avoid air pockets or bursting.
- 12 Twist casings every 6 inches to create individual links. Tie both ends securely with kitchen twine.
- 13 **Cook the pudding**
Bring a large pot of salted water to 85°C (185°F) - hot but not boiling. Carefully lower sausages into water and maintain gentle simmer for 30-40 minutes until firm to touch.
- 14 Transfer cooked sausages immediately to an ice bath to stop cooking. Cool completely before storing in refrigerator up to 1 week.

Tips

If fresh pork blood is unavailable, dried blood powder can be reconstituted according to package instructions for similar results.

Chill all ingredients before mixing to make the mixture easier to handle and prevent the fat from melting during preparation.

Use natural sausage casings for the best texture and appearance - soak them in warm water before use to make them pliable.

Don't overstuff the casings as they may burst during cooking. Fill them firmly but leave room for expansion.

Prick any air bubbles with a sterilized needle before cooking to prevent bursting during the simmering process.

Start cooking in gently simmering water, not boiling, to prevent the casings from splitting due to rapid temperature change.

Allow the black pudding to cool completely before slicing to ensure clean cuts and prevent crumbling.

For extra flavor, try adding a splash of whisky or port instead of cognac, or experiment with different herbs like sage or marjoram.