

# Blood Sausage Recipes

Here are some recipes I found. Although they don't sound appetizing to me, they are cultural in the fact, the old Germans did cook this way, Betty.

Recipe found by "googling" "blood sausage". Recipe was in English.

From the **Joy of Cooking (Canada, UK)**, by Irma Rombauer & Marion Rombauer Becker.

## Blood Sausage Or Black Pudding

In France, known as boudin noir; in Germany, as Blutwurst.

### Ingredients

Sausage casings

3/4 cup finely chopped onions in:

2 tablespoons lard

1/3 cup whipping cream

1/4 cup bread crumbs

2 beaten eggs

A grind of fresh pepper

1/8 teaspoon fresh thyme

1/2 bay leaf, pulverized

1 teaspoon salt

1/2 lb. leaf lard diced into 1/2-inch cubes (these are fat chunks from around the kidneys)

2 cups fresh pork blood

### Instructions:

Have ready: Sausage casings. Cook gently without browning 3/4 cup finely chopped onions in 2 tablespoons lard. Cool slightly and mix in a bowl with 1/3 cup whipping cream, 1/4 cup bread crumbs, 2 beaten eggs, a grind of fresh pepper, 1/8 teaspoon fresh thyme, 1/2 bay leaf (pulverized), and 1 teaspoon salt. Add 1/2 lb. leaf lard diced into 1/2-inch cubes and 2 cups fresh pork blood.

Fill casings only three-fourths full; the mixture will swell during the poaching period. Without overcrowding, put the sealed casings into a wire basket. Bring to a boil a large pan half full of water or half milk and half water. Remove pan from heat and plunge the basket into the water. Now return pan to very low heat (about 180°F; 82°C) for 15 minutes.

Test for doneness by piercing sausage with a fork: if blood comes out, continue to cook about 5 minutes more or until barely firm. Should any of the sausages rise to the surface of the simmering liquid, prick them to release the air that might burst the skins. To prepare, split and grill them very gently.

*(Natural casings are the pig intestines, turned inside out to remove the obvious contents, and also to remove the intestinal lining.)*

## Metzel Soup and Blood Sausage:

The Metzelsupp (Slaughter soup) was made on the day of the pig butchering. It uses up fresh sausages that burst (their intestine casing) during boiling. If all sausages turned out, then good sausages were used, because one did not want to omit a tradition. Here are two similar recipes from German Internet sources, combined, to give you an idea of what Metzel (Butchering) Soup is. One recipe is Suebian, the other one from a Palatine cookbook. Not recommended for actual cooking. (4 servings)

2 ½ liter (qts.) Broth in which the meat was cooked for sausage making, and in which the sausages were later cooked.

(Slab bacon with meat stripes, 2/3 lb).

One home made blood sausage (about 2/3 lb)

One home made liver sausage (about 2/3 lb)

2 (or 4) onions

1 T. lard

Salt, pepper.

One recipe calls for marjoram and thyme,

The other for freshly ground nutmeg, chopped fresh parsley, chives and marjoram.

Boil down the broth to ½ in a big pot.

(If using bacon, clean, and brown in another pan.)

Chop onions and sauté in lard (bacon fat) until golden yellow.

Add the peeled and mashed sausage and sauté, then put it stock pot.

Or put the mashed sausages into stock pot immediately.

Anyway, mashed sausages, sautéed onions, spices, bacon slab, all wind up in stock pot, and cook for about 10 minutes (longer if including bacon), or until sausages have fallen apart.

If using bacon, slice the boiled bacon.

Serve with hearty dark bread. If using chives, put on soup when serving. In case of the badger metzel soup, the broth from cooking the badgers was used.