

Black Pudding

A traditional blood sausage loaf with oats and onion, baked in a tin

DIFFICULTY Hard
COURSE Main
CUISINE British



PREP
30 min



COOK
90 min



TOTAL
120 min



SERVES
12



FREEZES WELL
Yes

01 Ingredients

- 500ml fresh pig or beef blood, strained
- 1 tsp salt, for the blood
- 150g pinhead oatmeal or rolled oats
- 250g pork fat or suet, finely diced
- 2 onions, finely chopped
- 250ml milk
- 2 tsp salt
- 1 tsp ground black pepper
- 1 tsp ground allspice
- ½ tsp ground nutmeg
- 1 tsp dried thyme

02 Method

1. Stir the salt into the fresh blood straight away, then strain it through a fine sieve to remove clots. Keep it cold and use it within a day.
2. Soak the oats in the warm milk for 30 minutes. Preheat the oven to 160C and grease and line a 1 kg loaf tin with baking paper.
3. Gently cook the onions in a spoon of the pork fat for 8 minutes until soft. Cool slightly.
4. Mix the blood, soaked oats, onions, remaining fat, salt, pepper, allspice, nutmeg and thyme thoroughly.
5. Pour into the tin, cover tightly with foil and place in a roasting tray of hot water that comes halfway up the tin.
6. Bake for 75-90 minutes until firm and the centre reaches 75C on a thermometer. Cool completely in the tin, then slice and fry in a little oil until crisp.

04 Common mistakes

- **Using blood that is not fresh** — it spoils quickly; keep it cold and use it on the day.
- **Not reaching 75C** — check the centre with a thermometer to be sure it is cooked through.
- **Skipping the salt in the blood** — it helps prevent clotting and seasons the loaf.

03 Notes & substitutions

- Fresh blood must come from a butcher or farmer who slaughters for human consumption and should be kept cold and used within 24 hours.
- Pig blood is traditional; beef blood also works, with a slightly stronger flavour.
- Pinhead oatmeal gives the traditional texture; rolled oats are softer.
- Slice and freeze portions for the best texture.

05 Storage & leftovers

FRIDGE	Up to 5 days, wrapped.
FREEZER	Slices freeze well for up to 3 months. Fry from frozen.
COOKING	Always fry slices until hot through and crisp at the edges.