



Metfield Bakery

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WHITE PUDDING

Serves: 12

Preparation time: 3 hours

Cooking time: 20 minutes

METHOD

1. Sweat off the onions and fry the bacon to get a little colour. Add the back fat which you should have quite finely diced and cook till it starts to turn translucent.
2. Add the oatmeal and continue to cook till the whole thing starts to go pasty.
3. Add the cream and cook out till the cream has absorbed all the oatmeal.
4. Add the barley and beef suet and bread crumbs and stir till the whole lot is thick and stodgy.
5. Now add the blood, and cook out. This shouldn't take more than ten minutes.
6. Now add the seasonings and be generous because this is the only flavouring really as such a small amount of blood and a lot of quite bland ingredients could render the whole thing tasteless. I think therefore that this is the stage to put in all the herbs and spices and taste and not to be shy with them
7. Stuff them into skins using your sausage stuffer, and finish them however you wish. I dusted mine with oat flour and then ran them through some egg and coated them in oatmeal, looped them all ready for frying. Have a look at the photos. They were ok, but next time I'll use more herbs and seasoning. I thought that perhaps coating them in oatmeal would add a nice crunch to them when fried too. I've put the recipe in though as I can still work on it and if there are any better ones out there let me know and I'll try them and stick it up here if it works.

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