The grisly ingredient is overlooked, say cutting-edge culinary experts. Mmm, those pink meringues, says Ian Johnston

They believe it is a natural replacement for egg whites and should be used more widely now that eggs are Europe’s second most common food allergy. The lab had successfully experimented in substituting blood for eggs in cakes, meringues, pancakes and ice cream, among other sweet dishes.

Using blood to make meringues, she wrote, seemed “difficult texture-wise at first, but once the whipped blood and sugar form this magnificent foam, all doubts are cleared”. “Probably one of the strangest textures Nordic Food Lab has seen, and one of the most beautiful,” she said.

She admitted that using blood in the kitchen “drove us to the edge”. While blood is still used to make sausages and black pudding, Ms Paul questioned why “the tradition of cooking with blood [is] disappearing from our kitchen”. She said that people seemed to have forgotten how to use it.

The food lab is no stranger to pushing culinary boundaries. In 2012, it experimented in substituting blood for egg whites and should be used more widely now that eggs are Europe’s second most common food allergy.

One recipe from the Nordic Food Lab is inspired by variations of the traditional Italian dessert sanguinaccio. Uses one Pacojet container.

We have run trials with roasted barley koji (barley grains mixed with a fermenting agent) which is a brilliant alternative and ingredient in its own right – especially in combination with blood, giving body, bitterness and sweetness to the mixture, replacing eggs in cakes, meringues, pancakes and ice cream, among other sweet dishes.

This recipe from the Nordic Food Lab is inspired by variations of the traditional Italian dessert sanguinaccio. Uses one Pacojet container. Serves 12

**BLOOD ICE CREAM**

This recipe from the Nordic Food Lab is inspired by variations of the traditional Italian dessert sanguinaccio. Uses one Pacojet container. Serves 12

1. The day before, grind roasted koji to fine powder and cold-infuse it into 300ml of milk. Leave at 4°C for 24 hours.

2. The day before, grind roasted koji to fine powder and cold-infuse it into 300ml of milk. Leave at 4°C for 24 hours.

3. Strain pig blood to remove coagulated protein clumps. Add cream, blood and trimoline to mixture and continue stirring until mixture thickens to chocolate brown custard. Once temperature reaches 50°C, add guar gum and continue stirring until mixture thickens to chocolate brown custard. Heat until 75°C and hold at temperature for 15 seconds. Fill Pacojet container and freeze.

4. Once frozen, spin in Pacojet. Use trimoline to blend and serve.

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