

BOUDIN



Boudin means pudding, but these savory sausages are made from ground, spiced meat packed in natural casings and then boiled, poached, or blanched.

The two most common varieties are blanc and noir or white and black, respectively. Blanc is more of a holiday sausage, usually served around Christmastime and often seen in Auvergne, in central France, where chestnuts are widely grown.

Boudin noir is named such for the addition of pig's blood to the sausage which gives the final product its signature deep, dark red color.

The traditional boudin noir is a pork product made from a mixture of shoulder, blood, diced back fat, caramelized onions, apples when they're in season and a salty, smoky Basque spice called piment d'Espelette.

The sausage mixture is encased, tied off at the ends, and poached in water with onion and bay leaf. The blood solidifies as it cooks, for a delicate, savory sausage with a mousse-like texture.