

# VERIVORST

Verivorst is a traditional Estonian blood and barley sausage favored as a Christmas dish. It is customarily served as a first course with cranberry sauce, red berry jam, mugikaspad (Estonian sauerkraut), and browned potatoes.

## Ingredients

- 2 3/4 lb. (1.25 kg) barley groats, washed
- 1 1/2 lb. (675 g) pork
- 7 oz (200 g) onions, chopped
- salt and pepper to taste
- marjoram, oregano, caraway to taste
- 1/2 qt (1/2 l) blood
- About 10 yd (10 m) of pig intestine, cleaned for use



## The Recipe

- In hot salted water, boil groats until half-soft.
- Cut meat in small pieces and sauté it with sliced onion until browned.
- Add to the groats and their liquid and boil until the mixture is soft. Remove from heat and cool.
- Add blood and season as desired.
- Fill the intestines, being careful not to overfill, as the stuffing will swell when cooked.
- Knot the sausage ends with soft string.

<https://www.atozworldfood.com/estonia/appetizers/verivorst-blood-sausage.html>

<https://www.tasteatlas.com/verivorst>