



l'art de cuisiner

STARK & WHYTE

Leek and salmon-trout terrine

Method

Step 1: Cooking

1. Shell the peas if fresh. Boil the peas for 4-5 minutes in salted water. Cool in ice-cold water, drain and put aside.
2. Wash the young leeks, cut them in half and cook them in the same way.
3. Fry the trout fillets in a frying pan with the olive oil, a garlic clove and thyme for roughly 1 minute, then leave to cool.
4. Mince the herbs.

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Ingredients (Serves 6):

8 young leeks
4 salmon-trout fillets
1 dl (3½ oz) poultry consommé
1/2 sheet of gelatine
150 gr (5½ oz) fresh or frozen peas
1 bunch mixed herbs (chives, parsley,
tarragon, cilantro, thyme, dill)
300 gr (10½ oz) dried tomatoes
5 cl (1¾ oz) olive oil

To decorate: 80 gr (3 oz) diced
tomatoes, chives

Method (cont.)

Step 2: Assembling the terrine

5. Prepare the jelly stock: warm the poultry consommé, add the gelatine and put aside. Place a slightly dampened cling wrap in the bottom of the terrine dish. Dry the leek leaves with a kitchen towel.
6. Mash the peas with a little jelly stock to make a purée and add the minced herbs. Line the terrine dish with the leek leaves, then build up by layers: two tablespoons of jelly stock, leek leaves, salmon-trout fillets, pea purée, dried tomatoes, leeks.
7. Place the terrine in the refrigerator to set for 10 hours, remembering to press it well with a piece of cardboard. Remove from the mould and slice the terrine.
8. Place a slice on each plate and sprinkle with diced tomatoes and a few chive stalks. Serve with salad dressing.

*Terrine BELLE CUISINE dish, available in:
5.5" x 3.7", 7.7" x 3.7", and 9.1" x 4.4" sizes*

