

SIDE DISH

Asparagus Terrine

14 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
156 min	35 min	121 min	10	\$1.22	142 kcal



Asparagus Terrine takes about 2 hours and 36 minutes from beginning to end. This recipe serves 10 and costs \$1.22 per serving. One serving contains 142 calories, 7g of protein, and 10g of fat. 1 person has tried and liked this recipe. It is brought to you by Foodnetwork. It works well as a budget fr...

Ingredients

- ☐ 1 pound fresh asparagus, 1 to 1 1/2 inches cut off the bottom
- ☐ 7 whole, fresh chives
- ☐ 8 ounces quark or farmers cheese, room temperature
- ☐ 1 slices Toasted French bread , for serving
- ☐ ½ teaspoon kosher salt
- ☐ ½ teaspoon freshly ground black pepper
- ☐ 8 ounces cream cheese, room temperature
- ☐ ¼ cup roughly chopped flat-leaf parsley
- ☐ 2 teaspoons unflavored powdered gelatin
- ☐ ¼ cup water

☐ 2 tablespoons cold water

☐ 3 to 5 good quality, jarred anchovies in olive oil, drained

EQUIPMENT Food processor, Bowl, Paper towels, Sauce pan, Plastic wrap, Loaf pan, Microwave, Tongs

Method

- 1 Watch how to make this recipe.
- 2 Spritz a 9 by 5-inch loaf pan with water and line it with plastic wrap, leaving enough excess to fold over the top when filled.
- 3 Combine the gelatin and water in a 1-quart saucepan and set aside to bloom for 5 minutes.
- 4 Put the quark, cream cheese, anchovies, chives, and black pepper in the bowl of a food processor and process for 1 minute. Stop and scrape down the sides of the bowl.
- 5 Put the bloomed gelatin over low heat until melted, about 1 minute.
- 6 Remove from the heat. With the food processor running, slowly pour the melted gelatin into the cheese mixture and process for 30 seconds.
- 7 Sprinkle the parsley evenly across the bottom of the prepared loaf pan.
- 8 Pour 1/4 of the cheese mixture over the parsley. Top with 1/3 of the asparagus in a single layer, alternating direction of tips. Repeat with remaining cheese mixture and asparagus, ending with the cheese mixture. Fold the excess plastic wrap over the filling. Set a second loaf pan on top of the plastic wrap and press down to compact. Refrigerate until firm, about 2 hours.
- 9 Serve chilled, cut into 1-inch slices, along with crackers or toasted French bread slices.
- 10 To store, wrap in plastic wrap and refrigerate for up to 2 days.
- 11 Pour or spritz the water onto 4 paper towels.
- 12 Spread out the paper towels and lay the asparagus on top of the dampened towels.
- 13 Sprinkle with the salt.
- 14 Roll up the asparagus in the dampened towels.
- 15 Lay the bundle, seam side down, in the microwave. Microwave on high until the asparagus is just crisp tender, about 3 to 4 minutes.
- 16 Remove from the microwave using tongs and carefully unwrap.

Nutrition per serving

142

KCAL

7 g

PROTEIN

10 g

FAT

7 g

CARBS

Saturated Fat	5.8 g · 36% of daily needs
Fibre	1.2 g · 5% of daily needs
Sugar	2 g · 2% of daily needs
Sodium	365 mg · 16% of daily needs
Cholesterol	31.4 mg · 10% of daily needs
Vitamin C	4.9 mg · 6% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/asparagus-terraine-142469