



Country Pork and Pistachio Terrine

READY IN



45 min.

SERVINGS



8

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 oz condensed beef consomme canned
- 10 peppercorns black
- 3 tablespoons butter
- 1 teaspoon thyme leaves dried
- 2 large eggs
- 0.8 cup flour all-purpose
- 2 bay leaves fresh
- 2 cloves garlic minced pressed peeled
- 2.5 teaspoons gelatin powder unflavored

- 0.3 teaspoon ground allspice
- 1 teaspoon ground coriander
- 1.5 pounds ground pork lean
- 1 cup milk
- 0.8 lb onion peeled chopped
- 0.5 cup roasted pistachios salted shelled
- 1 teaspoon salt
- 0.3 teaspoon pepper white

Equipment

- bowl
- frying pan
- oven
- blender
- loaf pan
- kitchen thermometer
- aluminum foil
- spatula

Directions

- In a 10- to 12-inch frying pan over medium-high heat, stir butter, onion, and garlic often until onion is limp, 5 to 7 minutes. Stir in thyme, coriander, allspice, and white pepper.
- Remove from heat.
- In a bowl, with a mixer on medium speed, beat pork, eggs, 1 teaspoon salt, and flour until well blended.
- Add milk and onion mixture; beat until blended. Stir in pistachios.
- Spoon the meat mixture into an oiled 8- to 9-cup terrine or deep casserole, or a 5- by 9-inch loaf pan.
- Spread mixture level; seal with foil or casserole cover.

- Bake in a 350 oven until a thermometer inserted in center of terrine reaches 155 (or terrine is no longer pink in center; cut to test), about 1 hour. Uncover and let cool at least 1 hour. Cover and chill until cold, at least 3 hours, or up to 1 day. Scrape off and discard any solid fat from meat.
- Pour 1/4 cup consomm into a 1- to 2-quart pan.
- Add gelatin and stir mixture over medium-low heat until gelatin is dissolved, about 2 minutes, then stir in remaining consomm.
- Pour over terrine. Rinse and dry bay leaves and lay on terrine; sprinkle evenly with peppercorns. Cover and chill until consomm is firm, at least 1 1/2 hours.
- Slice terrine crosswise in casserole; use a wide spatula to lift out slices.
- Add salt to taste.

Nutrition Facts

PROTEIN 21.27% **FAT 61.9%** **CARBS 16.83%**

Properties

Glycemic Index:29.38, Glycemic Load:8.22, Inflammation Score:-6, Nutrition Score:15.567391281543%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.76mg, Quercetin: 8.76mg, Quercetin: 8.76mg, Quercetin: 8.76mg

Nutrients (% of daily need)

Calories: 410.09kcal (20.5%), Fat: 28.21g (43.4%), Saturated Fat: 9.04g (56.52%), Carbohydrates: 17.26g (5.75%), Net Carbohydrates: 15.19g (5.52%), Sugar: 3.95g (4.39%), Cholesterol: 111.39mg (37.13%), Sodium: 553.81mg (24.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.8g (43.61%), Vitamin B1: 0.83mg (55.17%), Selenium: 30.99µg (44.28%), Vitamin B6: 0.57mg (28.38%), Phosphorus: 276.18mg (27.62%), Vitamin B3: 4.87mg (24.36%), Vitamin B2: 0.4mg (23.27%), Zinc: 2.52mg (16.77%), Vitamin B12: 0.9µg (15.02%), Manganese: 0.3mg (14.77%), Potassium: 491.8mg (14.05%), Iron: 2.22mg (12.35%), Folate: 45.17µg (11.29%), Copper: 0.22mg (10.83%), Vitamin B5: 1.04mg (10.36%), Magnesium: 40.27mg (10.07%), Calcium: 87.43mg (8.74%), Fiber: 2.07g (8.26%), Vitamin A:

350.79IU (7.02%), Vitamin C: 4.58mg (5.55%), Vitamin D: 0.59 μ g (3.9%), Vitamin E: 0.51mg (3.42%), Vitamin K:
2.69 μ g (2.57%)