



## Country Terrine

READY IN



45 min.

SERVINGS



14

CALORIES



591 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.8 lb bacon
- 1 teaspoon peppercorns black
- 14 servings bread
- 0.5 lb chicken livers trimmed
- 3 tablespoons brandy
- 2 large eggs
- 1 tablespoon thyme dried fresh crumbled chopped
- 2 garlic clove finely chopped
- 0.5 lb ground veal (preferably veal breast)

- 0.5 lb ham cut into 1/2-inch cubes ( )
- 0.5 cup cup heavy whipping cream
- 1 tablespoon kosher salt
- 0.3 teaspoon nutmeg freshly grated
- 1 cup onion finely chopped (1 large)
- 1 lb caul fat fresh lean (without rind)
- 1 bay leaves
- 2 tablespoons butter unsalted
- 0.5 teaspoon ground allspice whole

## Equipment

- food processor
- bowl
- frying pan
- paper towels
- oven
- knife
- whisk
- plastic wrap
- baking pan
- wooden spoon
- kitchen thermometer
- aluminum foil
- wax paper
- cutting board

## Directions

- Cook onion in butter in a 10-inch heavy skillet, covered, over moderately low heat, stirring frequently, until soft, about 10 minutes.

- Add garlic and thyme and cook, stirring, 1 minute.
- Transfer to a large bowl set in a bowl of ice.
- While onion cools, pulse salt, peppercorns, allspice, nutmeg, and bay leaf in grinder until finely ground.
- Add to onion mixture and whisk in cream, eggs, and brandy until combined well.
- Pulse chicken livers in a food processor until finely chopped, then add to onion mixture along with ground pork and veal and mix together well with your hands or a wooden spoon. Stir in ham cubes.
- Line bottom and long sides of terrine mold crosswise with about 6 to 9 strips of bacon, arranging them close together (but not overlapping) and leaving a 1/2- to 2-inch overhang. Fill terrine evenly with ground-meat mixture, rapping terrine on counter to compact it (it will mound slightly above edge). Cover top of terrine lengthwise with 2 or 3 more bacon slices if necessary to cover completely, and fold overhanging ends of bacon back over these. Cover terrine with plastic wrap and chill at least 8 hours to marinate meats.
- Put oven rack in middle position and preheat oven to 325°F.
- Discard plastic wrap and cover terrine tightly with a double layer of foil.
- Bake terrine in a water bath until thermometer inserted diagonally through foil at least 2 inches into center of terrine registers 155 to 160°F, 1 3/4 to 2 hours.
- Remove foil and let terrine stand in mold on a rack, 30 minutes.
- Put terrine in mold in a cleaned baking pan. Put a piece of parchment or wax paper over top of terrine, then place on top of parchment another same-size terrine mold or a piece of wood or heavy cardboard cut to fit inside mold and wrapped in foil. Put 2 to 3 (1-pound) cans on terrine or on wood or cardboard to weight cooked terrine. Chill terrine in pan with weights until completely cold, at least 4 hours. Continue to chill terrine, with or without weights, at least 24 hours to allow flavors to develop.
- Run a knife around inside edge of terrine and let stand in mold in a pan with 1 inch of hot water (to loosen bottom) 2 minutes. Tip terrine mold (holding terrine) to drain excess liquid, then invert a cutting board over terrine, reinvert terrine onto cutting board, and gently wipe outside of terrine (bacon strips) with a paper towel.
- Let terrine stand at room temperature for 30 minutes before serving, then transfer to a platter if desired and cut, as needed, into 1/2-inch-thick slices.
- Terrine can be marinated (before baking) up to 24 hours. Terrine keeps, wrapped in plastic wrap and chilled, 2 weeks.

# Nutrition Facts

PROTEIN 12.23% FAT 76.97% CARBS 10.8%

## Properties

Glycemic Index:17.69, Glycemic Load:7.47, Inflammation Score:-9, Nutrition Score:19.320869601291%

## Flavonoids

Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

## Nutrients (% of daily need)

Calories: 591.17kcal (29.56%), Fat: 49.68g (76.43%), Saturated Fat: 18.77g (117.31%), Carbohydrates: 15.69g (5.23%), Net Carbohydrates: 14.16g (5.15%), Sugar: 2.39g (2.65%), Cholesterol: 154.2mg (51.4%), Sodium: 1025.76mg (44.6%), Alcohol: 1.07g (100%), Alcohol %: 0.81% (100%), Protein: 17.76g (35.51%), Vitamin B12: 3.27µg (54.45%), Selenium: 31.99µg (45.7%), Vitamin A: 2036.23IU (40.72%), Folate: 128.81µg (32.2%), Vitamin B3: 6.42mg (32.12%), Vitamin B2: 0.53mg (31.13%), Vitamin B1: 0.38mg (25.47%), Manganese: 0.48mg (23.87%), Phosphorus: 223.98mg (22.4%), Vitamin B6: 0.41mg (20.59%), Iron: 3.46mg (19.23%), Vitamin B5: 1.85mg (18.52%), Zinc: 2.17mg (14.44%), Vitamin D: 1.52µg (10.16%), Copper: 0.19mg (9.45%), Potassium: 287.67mg (8.22%), Magnesium: 29.18mg (7.29%), Vitamin K: 7.27µg (6.93%), Calcium: 62.92mg (6.29%), Fiber: 1.53g (6.13%), Vitamin C: 4.19mg (5.08%), Vitamin E: 0.6mg (3.99%)