



Country terrine



Gluten Free



Dairy Free

READY IN



720 min.

SERVINGS



12

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 300 g chicken livers
- ☐ 500 g ground pork minced
- ☐ 300 g pancetta diced
- ☐ 4 garlic clove crushed
- ☐ 2 shallots finely chopped
- ☐ 1 tbsp thyme leaves
- ☐ 1 handful parsley chopped
- ☐ 2 bay leaves dried crushed

- ☐ 1 handful pistachios shelled
- ☐ 12 servings brandy
- ☐ 1 pinch ground cloves
- ☐ 1 pinch mace
- ☐ 1 small pinch ground ginger
- ☐ 10 slice pancetta
- ☐ 1 leaves pickled cucumbers / gherkins

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ aluminum foil

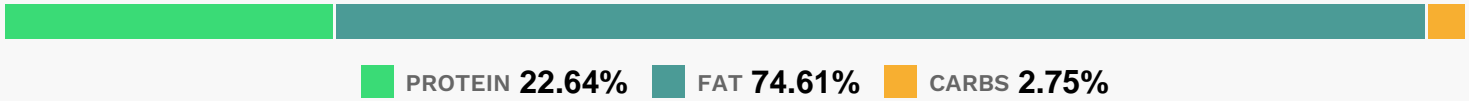
Directions

- ☐ Clean the chicken livers cut away any sinew, blood or green bits, then set enough aside to run along the length of your terrine dish or loaf tin. Chop the rest into small cubes. Tip all the ingredients except the prosciutto, whole livers and cornichons, etc, to serve into a large bowl. Season and mix well with your hands. If you have time, you can cover and set aside in the fridge for the flavours to mingle for a few hours or overnight.
- ☐ Line the base and sides of a 1kg terrine dish or small loaf tin with baking parchment. Then carefully line the base and sides of the dish/tin with the overlapping slices of prosciutto (A), leaving some hanging over the side and a few slices for the top. Pack half the meat mixture down into the terrine and press down.
- ☐ Lay a row of chicken livers down the middle of the terrine (B), then add the rest of the meat mixture and press down.
- ☐ Lay the remaining prosciutto over the top, then lift the slices from the sides up and over, and cover the dish with foil.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ If you have a spare cardboard box in your kitchen, cut a piece of card out slightly larger than the base of the terrine. Put it in a deep roasting tray and sit the terrine on top (this helps the terrine to cook evenly). Boil a kettle and pour in enough water so it comes halfway up the

terriner. Carefully place it on the middle shelf of the oven and cook for 1 hr.

- ☐
- Remove the tin from the oven, take out the terriner and leave to cool completely.
- ☐
- Place on a plate or a tray with another flat tray on top, weigh down with a few cans and leave to chill overnight. To turn out the terriner, slip a knife between the paper and the terriner to loosen it, then turn it out onto a board. Wipe off the jelly and either serve straight away sliced or wrap in cling film and slice later.
- ☐
- Serve with toasted bread a favourite of mine is walnut bread and some nice leaves dressed with walnut oil. You can keep the terriner for up to two days, but it will start to lose its colour.

Nutrition Facts



Properties

Glycemic Index:14.17, Glycemic Load:0.3, Inflammation Score:-9, Nutrition Score:19.530434776907%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 312.24kcal (15.61%), Fat: 22.69g (34.92%), Saturated Fat: 7.9g (49.37%), Carbohydrates: 1.88g (0.63%), Net Carbohydrates: 1.6g (0.58%), Sugar: 0.35g (0.39%), Cholesterol: 137.15mg (45.72%), Sodium: 252.88mg (10.99%), Alcohol: 5.01g (100%), Alcohol %: 5.3% (100%), Protein: 15.5g (30.99%), Vitamin B12: 4.59µg (76.58%), Vitamin A: 2842.41IU (56.85%), Selenium: 30.48µg (43.54%), Folate: 151.44µg (37.86%), Vitamin B2: 0.57mg (33.78%), Vitamin B1: 0.48mg (31.71%), Vitamin B3: 5.55mg (27.75%), Vitamin B6: 0.49mg (24.42%), Vitamin B5: 2.03mg (20.35%), Phosphorus: 198.78mg (19.88%), Iron: 2.97mg (16.48%), Zinc: 2.01mg (13.41%), Copper: 0.17mg (8.6%), Vitamin C: 6.82mg (8.27%), Potassium: 265.06mg (7.57%), Manganese: 0.13mg (6.39%), Vitamin K: 5.57µg (5.3%), Magnesium: 19.01mg (4.75%), Vitamin E: 0.32mg (2.13%), Calcium: 16.1mg (1.61%), Fiber: 0.28g (1.13%)