



Country terrine with black pepper & thyme



Gluten Free



Low Fod Map

READY IN



110 min.

SERVINGS



8

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings butter for greasing
- ☐ 750 g streaky pork rashers
- ☐ 1 tbsp thyme leaves dried
- ☐ 1 tsp peppercorns black
- ☐ 450 g chicken livers frozen thawed
- ☐ 4 tbsp white wine
- ☐ 5 rashers streaky bacon smoked
- ☐ 8 servings chutney

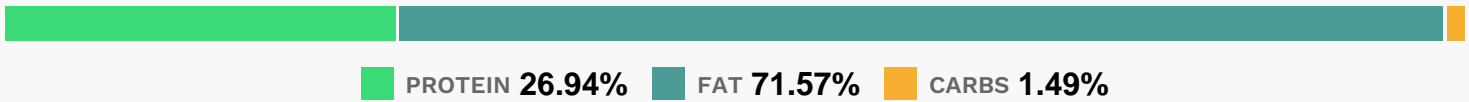
Equipment

- ☐ food processor
- ☐ oven
- ☐ knife
- ☐ aluminum foil

Directions

- ☐ Heat oven to 180C/fan 160C/gas 4 and butter a 1kg loaf tin. Roughly chop 3 of the pork rashers and mix with the thyme and peppercorns. Set aside.
- ☐ Put the remaining pork rashers into a food processor with two-thirds of the chicken livers, the wine (if using) and 1 tsp salt, then blend to make a smooth pt.
- ☐ Spoon half the pt into the loaf tin, then top with the chopped pork mixture and remaining livers. Spoon the rest of the pt mixture over the livers, then lay the 5 smoked bacon rashers lengthwise over the top.
- ☐ Cover the loaf tin with foil and put in a roasting tin.
- ☐ Pour cold water into the roasting tin until it is half-filled, then bake for 1 hrs until the terrine is set. When the terrine is cool, put another loaf tin on top and weigh it down (with cans from your storecupboard) to compress it. Leave overnight in the fridge. Can be made and chilled up to 2 days ahead.
- ☐ To serve, turn the terrine out of the tin and carefully cut into slices with a sharp knife.
- ☐ Serve with the French toasts (recipe below) and cocktail gherkins or chutney.

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:0.1, Inflammation Score:-10, Nutrition Score:35.548260740612%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg

0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 415.81kcal (20.79%), Fat: 32.15g (49.47%), Saturated Fat: 12.68g (79.24%), Carbohydrates: 1.5g (0.5%), Net Carbohydrates: 1.15g (0.42%), Sugar: 0.1g (0.11%), Cholesterol: 281.39mg (93.8%), Sodium: 228.47mg (9.93%), Alcohol: 0.77g (100%), Alcohol %: 0.55% (100%), Protein: 27.23g (54.47%), Vitamin B12: 10.06µg (167.66%), Vitamin A: 6393.32IU (127.87%), Folate: 337.24µg (84.31%), Selenium: 56.65µg (80.93%), Vitamin B2: 1.24mg (72.8%), Vitamin B1: 0.9mg (59.98%), Vitamin B3: 10.13mg (50.67%), Vitamin B6: 0.88mg (44.2%), Vitamin B5: 4.23mg (42.26%), Iron: 6.68mg (37.12%), Phosphorus: 355.56mg (35.56%), Zinc: 3.78mg (25.2%), Copper: 0.34mg (16.89%), Manganese: 0.28mg (13.78%), Vitamin C: 11mg (13.34%), Potassium: 444.1mg (12.69%), Vitamin K: 10.97µg (10.44%), Magnesium: 33.16mg (8.29%), Vitamin E: 0.62mg (4.1%), Calcium: 32.78mg (3.28%), Fiber: 0.35g (1.4%)