



WHATSheATE



Duck & pork terrine with cranberries & pistachios

READY IN



180 min.

SERVINGS



10

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 duck breasts skinless
- ☐ 200 g streaky bacon rashers thinly sliced
- ☐ 1 kg boston butt pork shoulder cubed
- ☐ 2 slices bread
- ☐ 100 ml milk
- ☐ 3 shallots roughly chopped
- ☐ 1 large garlic clove roughly chopped
- ☐ 200 g chicken livers roughly chopped

- ☐ 6 peppercorns black
- ☐ 12 coriander seeds
- ☐ 2 cloves
- ☐ 1 pinch ground cinnamon good
- ☐ 2 tbsp cognac
- ☐ 2 eggs beaten
- ☐ 25 g pistachio shelled
- ☐ 50 g cranberry dried

Equipment

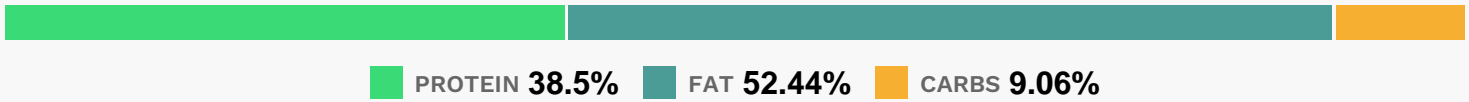
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ mortar and pestle

Directions

- ☐ Heat oven to 160C/fan 140C/gas
- ☐ Put the duck breasts and skin in a shallow dish, then place in the hot oven for 20 mins. Discard the shrivelled bit of skin that remains, then pour the duck fat into a bowl to cool. Reserve 6 bacon rashers, then roughly chop the remainder. Roughly chop the cooked duck meat.
- ☐ In a food processor, blend the chopped bacon, pork and duck in batches to a coarse texture, then tip into a large bowl. Tear up the bread and soak in the milk for 5 mins. Squeeze out the bread and put in the food processor with the shallots, garlic and livers. Process to a coarse texture, then add to the bowl, mixing well.
- ☐ Grind the peppercorns, coriander seeds and cloves to a coarse powder using a pestle and mortar. Stir in the cinnamon.
- ☐ Add the spices to the meat along with 4 tbsp reserved duck fat, the Cognac, eggs and 2 tsp salt.

- ☐ Mix together very thoroughly the best way is to use your hands.
- ☐ Press half the mixture into a 1.5-litre baking dish or similar. Scatter over the pistachios and cranberries, then cover with the remaining meat mixture. Arrange the reserved bacon rashers over the top, tucking in the ends. Cover the dish tightly with foil, then put in a roasting tin.
- ☐ Pour boiling water into the tin to come halfway up the sides of the dish.
- ☐ Bake for 2 hrs, remove foil, then bake for 15 mins more to brown the top. Cool completely, then wrap in fresh foil and chill. For the best flavour, let the terrine chill and mature for at least 2 days before eating.
- ☐ TO FREEZE Make the terrine as stated, cool and then freeze. Defrost in the fridge before serving.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:2.22, Inflammation Score:-9, Nutrition Score:27.431739164435%

Flavonoids

Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 2.46mg, Peonidin: 2.46mg, Peonidin: 2.46mg, Peonidin: 2.46mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 320.2kcal (16.01%), Fat: 17.99g (27.68%), Saturated Fat: 5.73g (35.8%), Carbohydrates: 6.99g (2.33%), Net Carbohydrates: 5.54g (2.02%), Sugar: 1.85g (2.06%), Cholesterol: 191.85mg (63.95%), Sodium: 263.28mg (11.45%), Alcohol: 1g (100%), Alcohol %: 0.67% (100%), Protein: 29.72g (59.45%), Vitamin B12: 9.94µg (165.64%), Selenium: 47.12µg (67.31%), Vitamin B1: 0.9mg (59.95%), Vitamin A: 2329.11IU (46.58%), Vitamin B2: 0.78mg (45.77%), Vitamin B6: 0.85mg (42.55%), Vitamin B3: 7.31mg (36.54%), Phosphorus: 353.49mg (35.35%), Folate: 136.16µg (34.04%), Iron: 5.43mg (30.15%), Vitamin B5: 2.49mg (24.92%), Zinc: 3.37mg (22.46%), Copper: 0.37mg (18.62%), Potassium: 522.69mg (14.93%), Manganese: 0.26mg (13.18%), Magnesium: 42.7mg (10.67%), Vitamin C: 8.67mg (10.51%), Fiber:

1.45g (5.8%), Calcium: 52.68mg (5.27%), Vitamin E: 0.47mg (3.1%), Vitamin D: 0.37µg (2.46%)