



HEALTH SCORE

68%

Gordon's rustic pâté



Gluten Free



Very Healthy

READY IN



110 min.

SERVINGS



1

CALORIES



2848 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 200 g duck breast meat – skin left on skinless
- ☐ 200 g chicken breast skinless
- ☐ 150 g pork tenderloin
- ☐ 2 garlic clove peeled
- ☐ 3 sprigs thyme sprigs fresh
- ☐ 3 tbsp brandy
- ☐ 2 tbsp olive oil
- ☐ 2 tbsp goose fat for greasing terrine

- ☐ 250 g bacon dry thinly sliced (cure is best)
- ☐ 150 ml double cream
- ☐ 4 tbsp parsley chopped
- ☐ 2 tbsp tarragon chopped
- ☐ 1 tbsp rosemary chopped
- ☐ 1 kg frangelico 85% (at least meat)
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Equipment

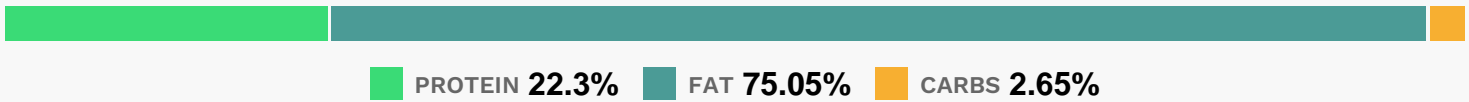
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ wooden spoon
- ☐ aluminum foil

Directions

- ☐ Prepare duck and chicken breasts and the pork fillet by trimming off any sinews and fat. Smash the garlic with the back of a knife to crush roughly.
- ☐ Mix the meats in a bowl with the garlic, thyme, Armagnac, oil and pepper (no salt at this stage). Cover and marinate in the fridge for 1-24 hrs, depending on depth of flavour that's required.
- ☐ Drain the meats from the marinade, which can be discarded, and cut into chunks of about 1.5cm.
- ☐ Heat the goose fat or butter in a large frying pan and fry the meats for 2 mins on each side to brown. Discard the garlic and thyme sprigs. Season and cool.
- ☐ Grease a 1kg terrine or loaf tin well. Arrange strips of bacon on the base and up both sides with enough overhanging to fold over. You will have a double layer of bacon on the base. Set aside.

- ☐ Soften the sausagemeat in a big bowl with a wooden spoon, then work in the cream and chopped herbs. To check the seasoning, shape a tbsp of the mixture into a patty and fry in a little oil for 2–3 mins, then taste and add more salt and pepper to the bowl, if needed.
- ☐ Mix the marinated meats into the sausagemeat. Scoop the mixture into the terrine, pressing down well and mounding up on the top. Pull the overhanging bacon strips up and over to cover.
- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Double-wrap the terrine top in foil, pressing well into the sides and twisting the ends to seal.
- ☐ Place in a large, deep-sided roasting pan and pour in boiling water to reach halfway up the sides.
- ☐ Bake for 1 hr, until the meat feels firm on top when pressed.
- ☐ Remove from the oven and leave to cool, then chill overnight.
- ☐ To serve, place the terrine in a pan of just-boiled water and leave for 3 mins to soften the bacon. Loosen the sides with a flat knife and ease the terrine out onto a board.
- ☐ Serve in slices with pear compote, some winter salad leaves and chunks of crusty bread.

Nutrition Facts



Properties

Glycemic Index:262, Glycemic Load:4.22, Inflammation Score:-10, Nutrition Score:68.914783311927%

Flavonoids

Apigenin: 32.85mg, Apigenin: 32.85mg, Apigenin: 32.85mg, Apigenin: 32.85mg Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 2.35mg, Myricetin: 2.35mg, Myricetin: 2.35mg, Myricetin: 2.35mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 2848.1kcal (142.4%), Fat: 227.72g (350.34%), Saturated Fat: 84.87g (530.44%), Carbohydrates: 18.1g (6.03%), Net Carbohydrates: 14.94g (5.43%), Sugar: 4.6g (5.11%), Cholesterol: 740.61mg (246.87%), Sodium: 2138.16mg (92.96%), Alcohol: 15.03g (100%), Alcohol %: 1.75% (100%), Protein: 152.22g (304.43%), Vitamin B12: 28.67µg (477.86%), Selenium: 205.72µg (293.88%), Vitamin K: 271.47µg (258.54%), Vitamin B6: 4.95mg (247.55%), Vitamin B3: 48.92mg (244.6%), Vitamin B1: 3.19mg (212.76%), Phosphorus: 1659.35mg (165.94%), Vitamin B2: 1.97mg (115.99%), Iron: 18.18mg (101%), Vitamin A: 4409.6IU (88.19%), Potassium: 2953mg (84.37%), Vitamin B5:

7.59mg (75.87%), Zinc: 9.46mg (63.08%), Vitamin C: 49.42mg (59.9%), Magnesium: 231.53mg (57.88%), Manganese: 1.09mg (54.54%), Vitamin E: 8.02mg (53.43%), Copper: 1.06mg (52.95%), Calcium: 332.94mg (33.29%), Vitamin D: 4.06µg (27.1%), Folate: 87.1µg (21.78%), Fiber: 3.16g (12.66%)