



Rabbit Terrine with Green Olives and Pistachios

 Dairy Free

READY IN



45 min.

SERVINGS



40

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 teaspoon pepper black
- ☐ 0.5 teaspoon peppercorns black
- ☐ 2 carrots thinly sliced
- ☐ 2 large egg whites crushed
- ☐ 0.5 teaspoon fennel seeds toasted
- ☐ 3 tablespoons chives fresh thinly sliced
- ☐ 1 teaspoon thyme sprigs fresh chopped

- ☐ 1 head garlic unpeeled halved
- ☐ 4 teaspoons gelatin powder unflavored (from two)
- ☐ 1 leek green rinsed (part only)
- ☐ 1 tablespoons madeira wine
- ☐ 3 parsley fresh
- ☐ 0.3 cup pistachios salted shelled coarsely chopped
- ☐ 3 lb dressed rabbit cut into 8 pieces
- ☐ 0.5 teaspoon salt
- ☐ 4 shallots thinly sliced
- ☐ 2 thyme sprigs fresh
- ☐ 6.3 cups water cold
- ☐ 18 slices sandwich bread white firm very thin cut into 2 pieces the shape of terrine slices, then toasted.**
- ☐ 3 oz olive green pitted coarsely chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ rolling pin
- ☐ mortar and pestle

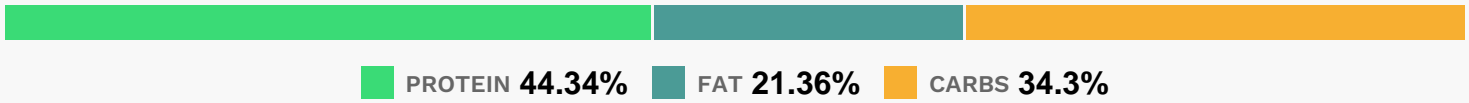
- ☐ serrated knife
- ☐ kitchen twine

Directions

- ☐ Remove fat, kidneys, and liver from rabbit if necessary. Put rabbit, shallots, carrots, parsley, thyme, leek, garlic, peppercorns, 1/4 teaspoon salt, and 6 cups water in a 4-quart heavy pot and bring to a boil, skimming froth. Reduce heat and gently simmer rabbit, partially covered, until tender, 1 hour.
- ☐ Cool rabbit in broth, uncovered, 30 minutes, then remove, reserving rabbit pieces and broth separately.
- ☐ Pour broth through a fine sieve into a bowl, discarding solids.
- ☐ Whisk egg whites in another bowl until foamy and add egg shells.
- ☐ Whisk in warm broth in a stream and return mixture to cleaned pot.
- ☐ Heat over moderate heat, stirring and scraping bottom constantly with a wooden spoon to prevent egg white from sticking, until stock comes to a simmer (this will take about 10 minutes). Reduce heat and gently simmer broth, without stirring, until all impurities rise to surface and form a crust, and broth underneath is clear, about 10 minutes.
- ☐ While broth is simmering, coarsely shred rabbit meat, being careful to remove all small bones.
- ☐ Pour broth through a sieve lined with a double thickness of dampened paper towels into a bowl and let all broth drain through. Discard solids. (If liquid doesn't drain completely, tap edge of sieve repeatedly with a metal spoon to help drain.) Broth should be completely clear; if not, repeat procedure with clean dampened paper towels.
- ☐ If clarified broth measures more than 2 1/2 cups, boil to reduce. If it measures less, add water. Bring broth just to a simmer.
- ☐ Sprinkle gelatin over remaining 1/4 cup cold water and soften 1 minute, then whisk into hot broth until dissolved. Stir in Madeira and remaining 1/4 teaspoon salt, or to taste.
- ☐ Lightly oil terrines and line with a sheet of plastic wrap large enough to drape over edges.
- ☐ Place terrines on a tray.
- ☐ Cut 4 (18-inch) pieces of kitchen string and place 2 crosswise under each terrine about 2 inches from each end (they will be used to secure rolling pins or bottles to terrines).
- ☐ Grind fennel seeds with a mortar and pestle or in an electric coffee/spice grinder and toss with rabbit, olives, pistachios, chives, thyme, salt, and pepper in a large bowl. Divide mixture

- between terrines, then stir broth well and pour slowly into terrines, filling to 1/4 inch from top. Reserve any remaining broth, covered and chilled.
- ☐ Place a foil-wrapped cardboard strip on top of each terrine, then rest a rolling pin or bottle on top of cardboard and tie to terrine, creating just enough pressure to press cardboard about 1/2 inch into terrine (some broth will spill over onto tray).
 - ☐ Chill terrines on tray 3 hours, then remove string, weights, and cardboard.
 - ☐ Heat any reserved jelled broth (including spillover on tray) just until it becomes liquid and add to terrines. Cover with overhanging plastic wrap and chill at least 6 hours more.
 - ☐ To unmold terrines, unwrap plastic wrap and invert molds onto a long narrow platter, pulling slightly on plastic to release terrines from molds, then removing it. Gently cut terrines with a serrated knife into 1/3-inch-thick slices and serve on toasts.
 - ☐ * Toast spices in a dry heavy skillet over moderate heat, stirring, until fragrant and a shade or two darker.
 - ☐ ** To toast, arrange bread slices on a baking sheet and spread with 2 tablespoons butter. Toast in middle of oven until golden, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:11.94, Glycemic Load:4.35, Inflammation Score:-5, Nutrition Score:4.5234782729784%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 86.47kcal (4.32%), Fat: 2.02g (3.1%), Saturated Fat: 0.43g (2.7%), Carbohydrates: 7.29g (2.43%), Net Carbohydrates: 6.58g (2.39%), Sugar: 1.15g (1.27%), Cholesterol: 27.56mg (9.19%), Sodium: 141.38mg (6.15%), Alcohol: 0.04g (100%), Alcohol %: 0.05% (100%), Protein: 9.42g (18.85%), Vitamin B3: 2.82mg (14.12%), Vitamin A:

580.91IU (11.62%), Phosphorus: 100.14mg (10.01%), Selenium: 6.55µg (9.35%), Iron: 1.66mg (9.23%), Manganese: 0.13mg (6.51%), Vitamin B1: 0.08mg (5.57%), Potassium: 184.45mg (5.27%), Magnesium: 17.29mg (4.32%), Folate: 16.55µg (4.14%), Calcium: 37.43mg (3.74%), Vitamin B2: 0.06mg (3.66%), Vitamin K: 3.39µg (3.23%), Fiber: 0.71g (2.84%), Vitamin B6: 0.06mg (2.83%), Copper: 0.06mg (2.78%), Vitamin C: 1.32mg (1.6%), Vitamin E: 0.17mg (1.16%), Zinc: 0.16mg (1.08%)