



Salmon and Scallop Terrine with Frisée Salad

 Gluten Free  Dairy Free

READY IN



120 min.

SERVINGS



8

CALORIES



254 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon salt
- 0.3 cup olive oil extra virgin extra-virgin
- 6 tablespoons olive oil
- 0.1 teaspoon pepper white
- 2 tablespoons cilantro leaves fresh finely chopped
- 2 tablespoons ginger fresh minced peeled
- 0.3 pound salmon fillet dark
- 2 tablespoons egg whites lightly beaten

- 4 cilantro leaves fresh chopped
- 1.5 cups water
- 2 tablespoons carrots finely chopped
- 4 cups salad leaves curly endive french (curly endive)
- 1 cup radicchio thinly thinly sliced (from 1 head)
- 0.5 cup wine dry white
- 2 medium leek
- 0.7 pound scallops (13)
- 2 belgian endive cored halved lengthwise sliced
- 4 cups salad leaves curly endive french (curly endive)
- 0.3 cup onion chopped ()
- 2 tablespoons citrus champagne vinegar
- 0.5 teaspoon coriander seeds crushed toasted
- 1 teaspoon fleur del sel

Equipment

- food processor
- bowl
- frying pan
- paper towels
- sauce pan
- oven
- whisk
- pot
- sieve
- plastic wrap
- loaf pan
- baking pan
- ziploc bags

- wax paper
- spatula
- tongs
- kitchen scale

Directions

- Discard any discolored leaves from leeks, then cut off root end (to expose layers) and discard. Thinly slice enough of dark green ends to measure 1/4 cup. Wash sliced leeks well and reserve for broth. Keep remainder of leeks (for lining) separately.
- Bring wine and water to a boil in a 2-quart saucepan with sliced leeks, onion, carrot, cilantro sprigs, 1 tablespoon ginger, 1/2 teaspoon crushed coriander seeds, 1/8 teaspoon salt, and 1/8 teaspoon white pepper, then simmer, partially covered, 20 minutes.
- Pour broth through a fine-mesh sieve into a bowl, pressing hard on and then discarding solids. (You will have 1 to 1 1/2 cups broth.) Set bowl in a larger bowl of ice and cold water and chill broth until cold, 5 to 10 minutes.
- While broth is simmering, slit 1 side of each leek lengthwise, cutting only to center, and peel off layers. Rinse layers in warm water to remove any grit, then cook in a 6- to 8-quart pot of boiling salted water
 - until tender, about 10 minutes.
- Transfer with tongs to a bowl of ice and cold water to stop cooking, then spread layers flat on paper towels and pat dry.
- Put oven rack in middle position and preheat oven to 325°F.
- Lightly oil loaf pan, then line bottom and long sides of pan by draping some of leeks crosswise over bottom and up long sides of pan, allowing at least 1 inch of leeks to hang over each side.
- Cut salmon into 1-inch cubes, then weigh on scale (if using) with enough scallops (about
 - to total 1/2 lb and set aside together.
 - Purée remaining 1/2 lb scallops (about 1
 - with 1 tablespoon egg white, 1/8 teaspoon salt, and 1/8 teaspoon white pepper in a food processor until smooth.
 - Add 1/2 cup cooled broth and blend well. With motor running, add 3 tablespoons oil in a slow stream until incorporated.
- Transfer scallop purée to lined terrine with a rubber spatula and smooth top evenly.

- Stir together chopped cilantro leaves, 1/8 teaspoon salt, and remaining tablespoon ginger and 1/2 teaspoon crushed coriander seeds in a small bowl, then sprinkle evenly over scallop purée.
- Purée salmon and scallop mixture with remaining tablespoon egg white, 1/8 teaspoon salt, and 1/8 teaspoon white pepper in processor until smooth.
- Add 1/2 cup cooled broth and blend well. With motor running, add remaining 3 tablespoons oil in a slow stream until incorporated. Spoon salmon purée evenly over herb mixture to fill terrine, then smooth top. Fold leeks over purée to cover, filling in any bare spots with additional pieces of remaining leeks. Cover surface of terrine with an oiled piece of wax paper or parchment (oiled side down).
- Put loaf pan in a larger baking pan and bake in a hot water bath
- until terrine is just cooked through (terrine will be firm to the touch and will separate easily from sides of pan), about 30 minutes.
- Let terrine stand in loaf pan on a rack at least 15 minutes before unmolding.
- Whisk together vinegar, salt, and white pepper, then add oil in a slow stream, whisking until combined well. Toss frisée, endive, and radicchio in a large bowl with just enough vinaigrette to coat.
- Divide salad among 8 plates, then unmold terrine (warm or at room temperature) and cut into 8 slices. Divide among plates, then drizzle with remaining vinaigrette and sprinkle with fleur de sel, crushed coriander seeds, and cilantro.
- Broth can be made 1 day ahead and cooled completely, uncovered, then chilled, covered, or frozen in an airtight container 1 month.
- Leeks for lining terrine can be cooked 1 day ahead and chilled, layers rolled up in paper towels, in a sealed plastic bag
- Terrine can be assembled, but not cooked, 3 hours ahead and chilled, covered
- Terrine can be cooked 1 day ahead if serving at room temperature. Cool in pan, uncovered, then unmold and chill, covered with plastic wrap. Bring to room temperature before serving (this will take about 1 hour)
- Vinaigrette can be made 6 hours ahead and chilled, covered. Salad greens can be prepared 6 hours ahead and chilled separately in sealed plastic bags.

Nutrition Facts



Properties

Glycemic Index:24.98, Glycemic Load:1.21, Inflammation Score:-10, Nutrition Score:19.745651887811%

Flavonoids

Cyanidin: 6.35mg, Cyanidin: 6.35mg, Cyanidin: 6.35mg, Cyanidin: 6.35mg Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 2.96mg, Luteolin: 2.96mg, Luteolin: 2.96mg, Luteolin: 2.96mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg

Nutrients (% of daily need)

Calories: 254.47kcal (12.72%), Fat: 18.94g (29.14%), Saturated Fat: 2.67g (16.71%), Carbohydrates: 9.16g (3.05%), Net Carbohydrates: 5.99g (2.18%), Sugar: 1.85g (2.05%), Cholesterol: 19.47mg (6.49%), Sodium: 561.48mg (24.41%), Alcohol: 1.54g (100%), Alcohol %: 0.8% (100%), Protein: 10.26g (20.52%), Vitamin K: 186.38µg (177.5%), Vitamin A: 3944.1IU (78.88%), Vitamin E: 3.99mg (26.6%), Folate: 90.75µg (22.69%), Phosphorus: 208.79mg (20.88%), Vitamin C: 16.47mg (19.96%), Manganese: 0.4mg (19.8%), Vitamin B12: 1.14µg (18.96%), Selenium: 13.02µg (18.6%), Vitamin B6: 0.32mg (15.91%), Potassium: 515.49mg (14.73%), Copper: 0.27mg (13.74%), Fiber: 3.17g (12.69%), Vitamin B3: 2.21mg (11.08%), Vitamin B5: 1.08mg (10.79%), Magnesium: 41.94mg (10.49%), Vitamin B2: 0.16mg (9.64%), Iron: 1.51mg (8.38%), Calcium: 79.07mg (7.91%), Vitamin B1: 0.1mg (6.99%), Zinc: 0.81mg (5.43%)