



## Terrine de Campagne with pink Peppercorns

 Gluten Free  Dairy Free

READY IN



360 min.

SERVINGS



10

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 slice bacon whole
- 8 bay leaves whole
- 3 tablespoon brandy
- 1 cup chicken livers trimmed
- 2 eggs lightly beaten
- 1 tablespoon pink peppercorns crushed
- 0.5 pound fatty pork lean cut into 1-inch cubes (such as loin)
- 1 teaspoon salt

- 2 medium shallots minced
- 0.5 teaspoon peppercoens black crushed
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## Equipment

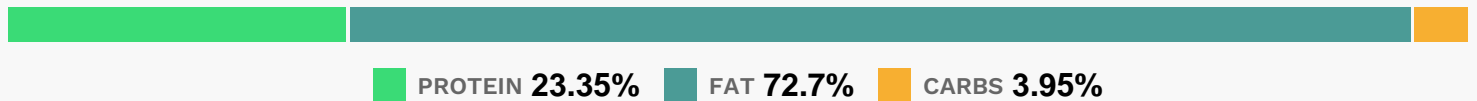
- food processor
- oven
- knife
- mixing bowl
- double boiler
- baking pan
- aluminum foil
- serrated knife

## Directions

- Put the pork loin cubes, chicken livers and roughly chopped bacon into the bowl of your food processor equipped with the blade attachment. Pulse the mixture 12 or 15 times, scraping the sides down 2 or 3 times during the process. You are looking for a very varied texture. Do not over process. Once you are happy with the texture move the meat mixture to a large mixing bowl.
- Add the salt, pink and black peppercorns and the brandy. Stir to incorporate. Next, add 2 lightly beaten eggs along with the shallots.
- Mix this all together quite well. Choose a three cup terrine mold, or some other oven proof dish of appropriate size and shape
- Lay a single file line of bay leaves along the bottom of my terrine. These are mostly for flavor, but they can be a pretty decoration as well. Either way, they are and optional. Line the long sides of terrine with strips of bacon. Leave enough bacon hanging over both sides to cover the top. Line the entire length of the mold. But the two ends should be left open with out a bacon covering. Spoon the meat mixture into the terrine mold. Filling nearly all the way to the top, but leave about ¼ inch of space. Fold the hanging bacon up and over the entire top of the terrine. If your mold has a lid put that onto cover the terrine. If not, cut a piece of parchment to size and wrap the whole terrine all the way around in aluminum foil.

- Let the flavors come together in the refrigerator at least 6 hours. Overnight is better. When you are ready to cook the terrine preheat the oven to 350 degrees F.
- Place the covered terrine in a large baking dish and pour water into the baking dish to come halfway up the sides of the terrine.
- Bake this in the bain-marie for 1 ½ hours, or until the pate starts to pull away from the sides of the mold. Lift the terrine out of the water and set it aside to cool completely while still covered. Once it is cool, drain off any extra liquid in the terrine mold. You may need to run a knife along the edges of the mold to be assured that it is not sticking. Invert the mold onto a serving platter. Use a very sharp serrated knife to cut the pate into slices.
- Serve with crusty bread and any combination of traditional accompaniments.

## Nutrition Facts



### Properties

Glycemic Index: 7.7, Glycemic Load: 0.33, Inflammation Score: -9, Nutrition Score: 17.465652211853%

### Nutrients (% of daily need)

Calories: 227.23kcal (11.36%), Fat: 17.31g (26.63%), Saturated Fat: 5.96g (37.23%), Carbohydrates: 2.11g (0.7%), Net Carbohydrates: 1.68g (0.61%), Sugar: 0.43g (0.48%), Cholesterol: 148.11mg (49.37%), Sodium: 450.17mg (19.57%), Alcohol: 1.5g (100%), Alcohol %: 2.05% (100%), Protein: 12.51g (25.01%), Vitamin B12: 4.29µg (71.53%), Vitamin A: 2690.42IU (53.81%), Selenium: 26.62µg (38.02%), Folate: 146.4µg (36.6%), Vitamin B2: 0.54mg (31.7%), Vitamin B3: 4.38mg (21.89%), Vitamin B1: 0.32mg (21.26%), Vitamin B6: 0.4mg (19.77%), Vitamin B5: 1.94mg (19.36%), Phosphorus: 170.25mg (17.02%), Iron: 2.78mg (15.47%), Manganese: 0.22mg (10.9%), Zinc: 1.59mg (10.62%), Copper: 0.16mg (8.16%), Potassium: 214.47mg (6.13%), Vitamin C: 4.83mg (5.86%), Magnesium: 15.89mg (3.97%), Vitamin E: 0.38mg (2.56%), Vitamin D: 0.28µg (1.88%), Calcium: 18.41mg (1.84%), Fiber: 0.43g (1.74%), Vitamin K: 1.7µg (1.62%)