



Tomato Terrine



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



207 kcal

SIDE DISH

Ingredients

- ☐ 10 peppercorns black
- ☐ 2 carrots chopped
- ☐ 1 celery stalk chopped
- ☐ 0.3 cup chives plus more thinly sliced
- ☐ 10 flat-leaf parsley sprigs
- ☐ 3 bay leaves dried fresh (or 1)
- ☐ 1 garlic clove
- ☐ 1.5 tablespoons gelatin powder unflavored

- ☐ 1 teaspoon kosher salt plus more for seasoning
- ☐ 1 leek thinly sliced
- ☐ 8 servings olive oil extra-virgin
- ☐ 2 teaspoons red wine vinegar
- ☐ 8 servings sea salt
- ☐ 1 shallots halved
- ☐ 6 pounds tomatoes firm ripe peeled (a mix of colors but of similar size)

Equipment

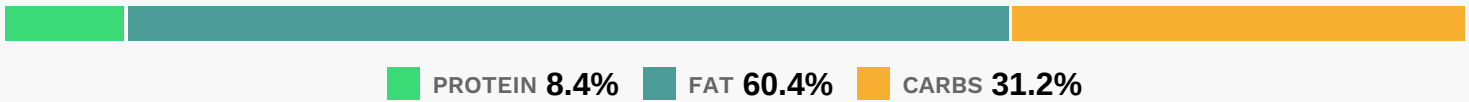
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Bring first 8 ingredients and 3 cups water to a boil in a large saucepan. Reduce heat to medium and simmer until stock yields 1 1/2 cups, about 15 minutes. Set a fine-mesh strainer over a large measuring cup. Strain stock, discarding solids. Cover; keep hot.
- ☐ Set a fine-mesh strainer over another measuring cup.
- ☐ Cut each peeled tomato into 4 wedges.
- ☐ Place wedges, cut side up, on a work surface.
- ☐ Cut away seeds and pulp from tomato and transfer to strainer.
- ☐ Place filleted tomatoes on a double layer of paper towels to drain; sprinkle with 1 teaspoon kosher salt. Pat tomatoes with more paper towels.

- ☐ Let stand for 30 minutes.
- ☐ Press on seeds to yield 1/2 cup tomatojuice.
- ☐ Sprinkle gelatin over juice; let standfor 10 minutes to soften.
- ☐ Add to hot stock;whisk vigorously to dissolve gelatin. Stir in 1/4cup chives, vinegar, and kosher salt to taste.
- ☐ Spray 1 loaf pan with nonstick spray; linewith plastic wrap, allowing for a 3" overhangon each side. Smooth plastic to removewrinkles.
- ☐ Pour 1/2 cup stock into pan. Chilluntil set, about 40 minutes. Arrange1 layer of tomatoes in pan, pressing downgently, then drizzle 2 tablespoons stock mixtureover. Repeat layering with remainingtomatoes and stock.
- ☐ Pour remaining stockover to fill pan. Cover terrine with plasticwrap.
- ☐ Place on a small rimmed baking sheet.
- ☐ Place second loaf pan on top of terrine.Weigh down terrine by placing 2–3 smallcanned goods in top pan (some of liquidmixture in bottom pan may spill out). Chill terrine until set, about 6 hours. DO AHEAD: Can be made 2 days ahead. Keep chilled.
- ☐ Uncover terrine; invert onto a platter.
- ☐ Remove pan and plastic wrap. Slice terrine;transfer to plates.
- ☐ Drizzle with oil andsprinkle with chives and sea salt.

Nutrition Facts



Properties

Glycemic Index:39.73, Glycemic Load:4.61, Inflammation Score:-10, Nutrition Score:19.11869559599%

Flavonoids

Naringenin: 2.31mg, Naringenin: 2.31mg, Naringenin: 2.31mg, Naringenin: 2.31mg Apigenin: 2.72mg, Apigenin: 2.72mg, Apigenin: 2.72mg, Apigenin: 2.72mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 206.8kcal (10.34%), Fat: 14.78g (22.74%), Saturated Fat: 2.04g (12.78%), Carbohydrates: 17.18g (5.73%), Net Carbohydrates: 12.24g (4.45%), Sugar: 10.39g (11.55%), Cholesterol: 0mg (0%), Sodium: 518.79mg (22.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.25%), Vitamin A: 5732.06IU (114.64%), Vitamin K: 66.09µg (62.94%), Vitamin C: 51.64mg (62.59%), Vitamin E: 4.07mg (27.15%), Potassium: 901.75mg (25.76%), Manganese: 0.51mg (25.4%), Fiber: 4.94g (19.76%), Vitamin B6: 0.34mg (16.94%), Folate: 66µg (16.5%), Copper: 0.26mg (12.97%), Vitamin B3: 2.25mg (11.27%), Magnesium: 44.93mg (11.23%), Vitamin B1: 0.15mg (9.86%), Phosphorus: 95.75mg (9.57%), Iron: 1.47mg (8.17%), Calcium: 52.63mg (5.26%), Vitamin B2: 0.08mg (4.95%), Zinc: 0.67mg (4.48%), Vitamin B5: 0.38mg (3.85%), Selenium: 0.76µg (1.08%)