



White & dark chocolate terrine

 Vegetarian  Gluten Free

READY IN



150 min.

SERVINGS



8

CALORIES



730 kcal

SIDE DISH

Ingredients

- 8 servings little oil for greasing
- 200 g chocolate white
- 568 ml pot double cream
- 300 g chocolate dark
- 2 large egg whites

Equipment

- bowl
- frying pan

whisk

Directions

- Brush a 2lb loaf tin (about 22 x 11 x 6cm) with oil, line completely with cling film (the oil will help it to stick to the sides), then line the base with a strip of baking parchment. Gently melt the white chocolate in a heatproof bowl over a pan of barely simmering water, then remove from the heat and leave to cool a little. Using an electric whisk, beat in 200ml of the cream until the mixture is just holding its own shape. Set aside while you make the dark layer.
- Melt the dark chocolate as you did the white, then remove from the heat and cool for 1 min. Little by little, stir the remaining cream into the melted chocolate until you have a smooth, thick ganache.
- Whisk the egg whites to soft peaks, stir a third into the ganache to loosen it, then fold in the rest.
- To assemble, spoon just under half of the dark mixture into the loaf tin and smooth the surface. Spoon over the white chocolate and smooth, then gently spoon the remaining dark chocolate mixture over the top, being careful not to disturb the white layer, again smoothing the surface. Cover and chill for at least 2 hrs. If you're making the terrine the day before, let it sit at room temperature for 1 hr before serving.
- To serve, turn the tin upside down onto a serving plate and use the edges of cling film to ease out the terrine.
- Remove the cling film and baking parchment and serve with the Star anise biscuits (see Goes well with, right).

Nutrition Facts



PROTEIN 3.96% **FAT 77.61%** **CARBS 18.43%**

Properties

Glycemic Index:11.63, Glycemic Load:13.34, Inflammation Score:-7, Nutrition Score:13.472173729668%

Nutrients (% of daily need)

Calories: 729.89kcal (36.49%), Fat: 63.81g (98.17%), Saturated Fat: 31.49g (196.82%), Carbohydrates: 34.1g (11.37%), Net Carbohydrates: 29.96g (10.9%), Sugar: 25.89g (28.77%), Cholesterol: 87.08mg (29.03%), Sodium: 62.98mg (2.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 30mg (10%), Protein: 7.32g (14.63%), Manganese: 0.73mg (36.71%), Copper: 0.69mg (34.35%), Iron: 4.6mg (25.56%), Vitamin E: 3.57mg (23.79%), Magnesium:

94.41mg (23.6%), Vitamin A: 1072.05IU (21.44%), Phosphorus: 202.16mg (20.22%), Fiber: 4.14g (16.55%), Vitamin K: 17.28µg (16.46%), Vitamin B2: 0.27mg (15.9%), Calcium: 124.84mg (12.48%), Potassium: 420.92mg (12.03%), Zinc: 1.6mg (10.67%), Selenium: 7.47µg (10.67%), Vitamin D: 1.14µg (7.62%), Vitamin B12: 0.37µg (6.11%), Vitamin B5: 0.51mg (5.07%), Vitamin B3: 0.64mg (3.18%), Vitamin B1: 0.04mg (2.87%), Vitamin B6: 0.05mg (2.68%), Folate: 4.94µg (1.23%)