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PÂTÉS, TERRINES, AND OTHER COLD FOODS

The techniques and procedures presented in this chapter belong to the culinary department known as **garde manger** (gard mawn zhay), a term whose basic meaning is "larder" or "food storage place." As explained in Chapter 22 (p. 667), this area, because of its cooler temperature, was traditionally used for the preparation of cold foods. Thus, the work carried out in the storage area, or garde manger, became known by the same name.

The art of garde manger includes the techniques of cold food decoration, cold platter design and presentation, and the design and planning of buffets. Garde manger is an intricate and complex discipline that is the subject of whole books and of extended courses of study.

This book is primarily concerned with à la carte cooking. Buffet service is beyond its scope. Nevertheless, à la carte restaurants have inherited from classical garde manger a number of special food preparations that can be served in single portions as well as on butler platters. Pâtés, terrines, galantines, and mousses are not only ideal for buffets, they are also popular in many restaurants. This chapter serves as an introduction to these preparations.

AFTER READING THIS CHAPTER, YOU SHOULD BE ABLE TO

1. Explain the principles of safe handling and presentation of cold dishes, including pâtés and terrines.
2. Prepare and use aspic jellies.
3. Prepare basic meat and poultry forcemeats, as well as pâtés, terrines, and galantines using basic forcemeats.
4. Prepare terrines and other molds based on mousselines and on gelatin.
5. Handle raw foie gras, and prepare foie gras terrines, other liver terrines, and rillettes.

THE HANDLING AND SERVICE OF COLD DISHES

Because the dishes featured in this chapter are served cold, factors relating to their handling and service require special consideration. These have to do with sanitation and presentation.

SANITATION AND STORAGE

Hot foods that have been handled in a sanitary manner and that are served at or above a temperature that kills microorganisms can usually be considered safe and sanitary to eat. Cold foods, on the other hand, present special problems because they are stored and handled after cooking. During this time, they may be exposed to disease-causing organisms. Because these foods are not subjected to further cooking, the organisms will not be destroyed.

For this reason, it is particularly important to follow all the rules of safe food handling. Make sure tools, containers, and work surfaces are clean and sanitary. Keep ingredients refrigerated when they are not being worked on, and keep the finished product refrigerated until service time. Always observe the four-hour rule, as explained on page 26.

The length of time terrines and other cold foods can be stored in the refrigerator depends on the ingredients, the type of item, and the method of preparation. Uncut meat terrines sealed with a layer of fat (p. 871) may keep as long as several weeks (although the quality may start to decline after a week or so), while seafood and vegetable terrines may keep no more than two or three days, or even less. Pâtés en croûte (p. 868) do not keep as well as terrines because the pastry loses its freshness. Aspics should be kept covered or wrapped to prevent them from drying out.

PRESENTATION

Attractive plating or presentation of foods is, of course, always important, but it could be argued that it is even more important for cold foods than for hot foods. Foods presented hot and steaming, directly from the sauté pan or carving board, have an immediate appeal to the nose as well as the eye, but cold foods must rely more completely on visual impact to make their first impression.

Furthermore, because the urgency in getting the plate from the kitchen to the dining room before the food cools down is absent, the cook has more time to arrange cold foods on the plate. This does not mean, however, that the most elaborate or intricate presentation is the best. "Keep it simple" is a good rule of thumb. Food is not made more appetizing by excessive handling.

Arrangements should be kept neat, but this does not mean they must always be symmetrical or regular. As in the case of salads, a deliberate casualness in the arrangement can be appetizing when it suggests the dish has been freshly assembled with minimum handling and rushed to the table.

In the case of pâtés and terrines, careful handling is essential to the presentation. Slice these items carefully and plate each slice with the best side up. To make neat slices, use a sharp, thin-bladed slicing knife. Before each slice, wipe off any residue from the previous slice and dip the blade in hot water. Slice the pâté with a gentle sawing motion, using the full length of the blade. Don't force the knife straight down or make little jagged cuts; this will make the cut surface uneven rather than smooth.

If the cut end of the pâté has discolored somewhat from exposure to air, plate the first slice with this side down. In contrast to pâtés for buffet presentation, slices of pâté for à la carte service are often garnished with greens or other colorful items, which enliven the sometimes drab appearance of a plain meat pâté. In addition, greens and other vegetable garnish provide a pleasant flavor contrast to the somewhat rich, processed flavor of the pâté or terrine.

Tart or piquant garnishes and accompaniments, as well as tart sauces such as vinaigrette and mayonnaise variations, help counter the richness of pâtés, which are often rather fatty. This is why sour pickles and mustard are classic accompaniments for these foods.

Consideration must be given to the serving temperature of cold foods such as aspics, pâtés, and terrines. A common error is to serve these items too cold. At refrigerator temperature, their flavors are masked. Furthermore, their textures are too firm; the fat in pâtés and the gelatin in aspics are firmly congealed. A little warmer temperature is necessary to enable them to melt pleasantly in the mouth.

To bring them to suitable serving temperature, remove individual portions from refrigeration and let stand at room temperature about 5 or 10 minutes, but no longer. Remember the sanitation guidelines discussed earlier. This period is long enough to let them warm slightly but not long enough to give microorganisms time to start multiplying. Keep in mind, too, that this short period of tempering applies only to those portions to be served right away. Whole pâtés from which portions were cut, for example, should be returned immediately to refrigeration. Again, remember the four-hour rule.

ASPIC

Aspic jelly, or ***gelée*** (zhuh lay), is clarified stock that contains enough gelatin to solidify when cold. The gelatin may be naturally extracted from bones or added from a package. Good stock naturally contains a certain amount of gelatin but, in most cases, it must be supplemented with additional unflavored packaged gelatin.

Aspic jelly may be nearly colorless (white aspic) or various shades of amber. Most often, however, it must be crystal clear. This is achieved by clarifying it like a consommé. White or light-colored aspic is used when the natural colors of the foods and decorations must show through. Amber or golden aspic enhances the brown color of foods such as roasted meats and poultry.

Aspic is used as a coating for foods and as a binding ingredient. When it is used as a coating, it has three main purposes:

1. To protect foods from the air, which would dry them out and discolor them.
2. To improve appearance and give shine.
3. To add flavor. This last purpose is, of course, best accomplished if the stock is of high quality.

As a binding ingredient, aspic is used in mousses, terrines, and aspic molds, as discussed later in this chapter. *Note*: When aspic is used as a binding agent, it need not be perfectly clarified.

In addition, when congealed and chopped or cut into various shapes, aspic jelly is used as a garnish for platters or servings of pâtés, terrines, and other cold items.

PREPARING ASPIC JELLY

The best aspic is a well-made, naturally gelatinous stock. It has a superior texture and flavor, but it is time-consuming to make because a separate batch of stock must be made in addition to the normal stock production. Consequently, most aspics are made by reinforcing regular stock with gelatin. Aspic powders and mixes are available, but the flavor of aspic made from them does not compare with that made from stock. They can be useful in an emergency, however, or for pieces used purely for display or decoration.

Aspic Strength

As the previous discussion suggests, aspic has many uses. For some uses it must be stronger—that is, have a higher gelatin content—than for others. For our purposes in this chapter, we must be able to make two strengths of aspic:

Aspic for coating is used to glaze cold foods. It contains a moderate proportion of gelatin.

Aspic for slicing is used to line forms such as timbales, ring molds, and silicone forms. It also is used to bind the ingredients for aspic-based terrines. Aspic for this purpose must hold its shape at cool room temperature and must cut cleanly with a hot, sharp knife. It contains a high proportion of gelatin. However, it must not be tough or rubbery.

Classic Aspic Jelly

Prepare classic aspic jelly as you would white or brown veal stock, but with the addition of products that release a good deal of gelatin, such as split calves' feet or pigs' feet, pork skin, and veal knuckle bones. If enough of these items are used, the stock will contain enough natural gelatin to be used as an aspic jelly.

Follow basic stock-making procedures, except do not brown the added feet and pork skin when making brown stock. When the stock is made, use the following procedure to convert it to aspic jelly.

PROCEDURE for Preparing Classic Aspic Jelly for Coating

1. Test the stock for gelatin content. Ladle a small amount of cooled stock onto a small plate or saucer and refrigerate.
   - If the stock becomes firm, no additional gelatin is needed.
   - If it sets but is not firm enough, add about ½ oz or 2 tbsp (15 g) powdered gelatin per quart (L) of stock, or 2 oz (60 g) per gallon (4 L).
   - If it does not set at all (which is unlikely if the stock is properly made) but merely becomes thicker, add about 1 oz or 4 tbsp (30 g) powdered gelatin per quart (L), or 4 oz (125 g) per gallon (4 L). In this case, you will actually be making regular aspic jelly (see next section) rather than classic aspic jelly.

   Add the gelatin by first stirring it gradually into a little cold water, avoiding making lumps, and letting it soften. Then add the softened gelatin to the stock.
2. Clarify the stock as for consommé. For white aspic (made with white stock), omit the carrots in the mirepoix.
3. After the stock is clarified, remove all traces of fat. The aspic jelly is now ready to use.

PROCEDURE for Preparing Classic Aspic Jelly for Slicing

1. Prepare as for Classic Aspic Jelly for Coating, following the previous procedure, but add an additional 1 oz gelatin per quart (30 g per L) of stock. In other words:
   - If the stock sets firm but is not firm enough to hold its shape when sliced, add about 1 oz (30 g) powdered gelatin per quart (L), or 4 oz (125 g) per gallon (4 L).
   - If it does not set at all but merely becomes thicker, add about 2 oz or (60 g) powdered gelatin per quart (L), or 8 oz (250 g) per gallon (4 L).
2. Continue with steps 2 and 3 in the procedure above.

Regular Aspic Jelly

This is normal meat, poultry, or fish stock reinforced with gelatin and clarified. Regular stock rarely has enough natural gelatin to be used as a jelly, so extra gelatin must be added. To test the stock for gelatin content and to convert it to aspic jelly, follow the same procedure as for classic aspic jelly, described above. However, note that if the stock contains very little gelatin and stays watery when chilled, more than 4 oz (125 g) gelatin may be needed per gallon (4 L) if you are making aspic for coating. If you are making aspic for slicing, you will need about 8 oz (250 g) gelatin per gallon (4 L).

Aspic Powder

Aspic powder is unflavored gelatin mixed with a powdered stock base. To prepare it, follow the instructions on the container. Additional unflavored gelatin may be needed for some purposes.

USING ASPIC JELLY

Aspic is used to enhance both the appearance and the flavor of cold foods. For best results, the aspic, as well as the foods to be coated, should be prepared and handled in specific ways. The following sections offer general procedures for handling these products. Specific applications, such as recipes for aspic-based terrine molds, are included later in the chapter.

Aspic jelly must be cooled to just above congealing temperature before it is used to coat foods. If it is too warm, it will not have enough body to coat and will just run off.

Standards of Quality for Aspic Jelly and Aspic-Coated Items

1. The aspic should be perfectly clear, with no trace of cloudiness.
2. White aspic should be nearly colorless. Aspic made with brown stock may range from amber to golden brown.
3. The aspic should be set firmly enough to hold its shape but should melt in the mouth. It should not be rubbery.
4. The coating layer of aspic should be perfectly smooth, with no bubbles or unevenness. It should coat the food completely with a thin, uniform layer.

PROCEDURE for Cooling Aspic Jelly

1. If the jelly is congealed, it must first be melted. Set the pan or container of jelly in a hot-water bath. Stir it gently from time to time until it is completely melted.
2. Place the warm aspic jelly in a stainless-steel bowl.
3. At all times, be careful not to make any bubbles. Bubbles in the jelly may get transferred to the surface of your food item and mar its appearance.
4. Select a ladle that fits the curve of the bowl. Set the bowl in crushed ice, pushing it in so it sits in a well of ice. With the edge of the ladle against the inside of the bowl, rotate the bowl so the ladle continually scrapes the inside of the bowl. This method prevents the formation of lumps that occur when jelly touching the cold bowl solidifies too quickly.
5. Continue to rotate the bowl until the jelly is thick and syrupy but not yet set. The jelly is now ready for use. Remove from the ice bath and work quickly, because it will set very fast.
6. Remelt and recool the jelly as necessary.

PROCEDURE for Coating Foods with Aspic Jelly

1. Chill the food to be coated. For best results, the surface of the item should be as smooth and as free of fat as possible.
2. Place the item on a wire rack over a tray or sheet pan. Excess aspic that falls onto the tray can be remelted and reused.
3. Cool the aspic jelly according to the procedure above.
4. Use the aspic as soon as it is ready. Various methods can be used to coat foods with aspic, depending on the size and shape of the item.
   - For smooth, regularly shaped items, use a large ladle and nap them with a single smooth stroke, as illustrated in Figure 29.1. Working too slowly may produce an uneven, bumpy coat.
   - Large items and items with steep sides or irregular shapes are harder to coat. Using a ladle, coat the sides first and then the top for best results.
   - For small items, it may be more convenient to use a kitchen spoon than a ladle.
   - A pastry brush can be used to coat small items. A brush is often used for small portions, such as canapés, that need only a light glaze rather than a perfectly smooth coating of aspic.
5. Chill the items until the jelly is thoroughly set.
6. Repeat with additional coats, if necessary, until the aspic is of the desired thickness.
7. To decorate, dip pieces of decoration in liquid aspic and place on the product in the desired pattern. Some items appropriate to use for decorating aspic are

   Leek leaves
   Fresh herbs, especially flat-leaf parsley and tarragon
   Black olives
   Truffles, real or artificial
   Tomato peels
   Carrots

   As appropriate, cut the items for decoration into very thin slices and then into desired shapes. For most vegetable decorations, such as carrots and leek leaves, blanch to make them more limber and to intensify the color.
8. If decorations are used, cover the decorated item with a final layer of aspic jelly to protect the design.
9. Evaluate the quality of the finished item (p. 862).

FIGURE 29.1 A smooth, regularly shaped item can be covered with an even layer of aspic using one stroke of the ladle.

PROCEDURE for Lining a Mold with Aspic Jelly

Many instructions for lining molds say to chill the mold, then pour in a little liquid aspic jelly and turn and tilt the mold until the bottom and sides are coated. This method works and is suitable for some purposes, but it does not produce a smooth, even layer of aspic.

It is not always necessary to line a mold with aspic. Many aspic molds are made by first pouring a thin layer of aspic into the bottom of the mold, chilling it, then adding layers of ingredients (vegetables, meats, mousses, and so on) and covering each layer with a little aspic. The mold is chilled after each layer is added to allow the aspic to set. As long as the layers of solid ingredients are not allowed to touch the sides of the mold, the liquid aspic will fill in these spaces and, in effect, line the mold.

If a mold must be lined with a perfectly even thickness of jelly, the following method is used (Fig. 29.2):

1. Press the mold into a bed of crushed ice so the ice comes all the way to the top edge.
2. Fill the mold with cooled liquid aspic jelly for slicing. Leave the mold in place 10 seconds. Immediately remove the mold from the ice and quickly dump out the jelly that is still liquid. If the layer of jelly remaining inside the mold is too thin, repeat. If it is too thick, remove it, clean the mold, and repeat the procedure, leaving the mold on ice for less time.
3. Decorate the inside of the mold as desired by dipping decorations in liquid aspic and arranging them in place. Chill. Then fill the mold with the selected food product.

FIGURE 29.2 Lining a mold with aspic jelly.

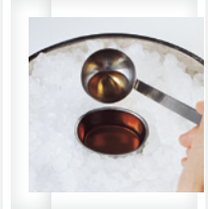
(a) Bury the mold up to the rim in crushed ice.

(b) Fill the mold with liquid aspic.

(c) After 10 seconds, quickly but smoothly pour out the aspic that is still liquid.

(d) An even layer of aspic jelly lines the mold, as can be seen by comparing it with an empty mold.

(e) At this point, you can decorate the mold by dipping vegetable cutouts in liquid aspic and carefully setting them in place in the mold.



KEY POINTS TO REVIEW

- What kind of attention should be paid to sanitation procedures when working with cold foods? Why?
- What are the steps in the procedure for preparing classic aspic jelly?
- What are the steps in the procedures for cooling aspic jelly and then coating foods with it?
- What are the steps in the procedure for lining a mold with aspic jelly?

SPECIAL FORCEMEAT DISHES

This section is concerned with classic meat and poultry dishes called ***pâtés***, terrines, and galantines. Some terrines are based on vegetables and other items rather than meats, but these are the subject of a later section. The main ingredients of the items discussed here are a forcemeat and, usually but not always, a garnish.

A **forcemeat** may be defined as a mixture of seasoned, ground meats used as a stuffing or filling. The name comes from the French word ***farce***, which means "stuffing."

The **garnish** in a pâté or terrine is not just a decoration but a major ingredient that adds body, flavor, and nutritional value as well as appearance. Garnish usually consists of meats or other foods cut in dice, strips, or other shapes, or left whole if they are small. Classic pâté garnishes include:

- Ham
- Veal
- Chicken, duck, or turkey breast
- Chicken, duck, or goose livers
- Foie gras
- Game
- Fresh pork fatback
- Tongue
- Pistachios
- Truffles

TYPES OF FORCEMEAT

The following are the three basic types of forcemeat:

1. **Straight forcemeat (including country-style forcemeat).**
   This is a mixture of seasoned ground meats. As such, it is basically a form of sausage meat, except the grind is generally, but not always, finer. Consequently, many of the guidelines for making and handling sausage meat, discussed in Chapter 28, apply here as well. It may be helpful to read or to review pages 846–851 in conjunction with this discussion. Straight forcemeats are the basis of most traditional pâtés and terrines and are the major focus of this chapter.

   A ***country-style forcemeat*** is made the same way, except the grind is coarser. Most country-style forcemeats are made from pork and pork fat and contain some liver.
2. **Gratin forcemeat.**
   This type of forcemeat differs from a straight forcemeat in that a portion of the meat is seared, and thus partially cooked, and cooled before it is ground. Because the partial cooking eliminates some of the binding power of the meat protein, gratin forcemeats usually contain a starch binder called a ***panada*** (also called ***panade***). This type of forcemeat is not used as often as straight or mousseline forcemeats and is not covered in this book.
3. **Mousseline forcemeat.**
   This type of forcemeat consists of white meat (usually poultry or veal) or seafood processed to a purée and combined with heavy cream and egg. See page 875 for a discussion.

STRAIGHT FORCEMEATS

A basic straight forcemeat consists of the following:

50–65 percent lean meat

35–50 percent fat

Seasonings

The many variations on this basic formula depend on the ingredients used and how they are combined.

Meat

Pork is the basic ingredient, but many other meats can be included in addition to or instead of pork, including veal, chicken, turkey, ham, duck, rabbit, and game of all kinds.

Liver

Chicken, goose, duck, or pork liver is often included in forcemeats. Liver gives flavor and also acts as a binder.

Fat

The classic proportion in forcemeats is equal parts fat and meat. Many forcemeats, however, contain less than 50 percent fat, especially in recent years, as people have become more attentive to nutrition and dietary considerations (see the discussion of the fat content of sausages on p. 846). Nevertheless, a certain amount of fat is necessary for both moisture and flavor. A pâté with too little fat tastes dry. Hard fat, such as pork fatback, gives best results. Heavy cream is sometimes used to add fat as well as liquid to a forcemeat.

Note that this discussion of fat content refers only to the solid fat specifically added as a measured ingredient. There is, of course, some fat in the lean meat as well.

Other Ingredients

Eggs or egg whites may be added as a binder. Flour or other starches may be added for the same purpose. Extra binders are not absolutely necessary in a forcemeat made purely of meat and fat because the meat proteins are sufficient to bind the product when cooked. On the other hand, when brandy, cream, and other liquids are added to the forcemeat, extra binders may be needed or at least beneficial.

The Grind

Forcemeat may be ground coarse, medium, or fine. Country-style pâté, or **pâté de campagne** (cawm pah nyuh), is characterized by a coarse texture. Galantines, on the other hand, are usually made from finely ground forcemeats.

Preparing Straight Forcemeats

Many, if not most, pâté and terrine forcemeats contain some liver. Chicken livers or other poultry livers, both economical and widely available, are the most often used. For best results, livers should be soaked in milk and then cleaned according to the following procedure. Pork liver and other larger livers can be cut into pieces and prepared in the same way.

The following recipe can be used with many garnishes to make a great variety of pâtés, terrines, and galantines. It can also be changed according to any of the variations listed by using different meats. Once the basic technique is understood, any kind of pâté can be produced.

The recipe should be viewed as a basic procedure that can be varied in ways other than those indicated following the recipe, just as sausage meat can be varied. The varieties and quantities of spices can be changed. In addition, the fineness of the grind can be varied to make pâtés of varying textures.

The proportion of fat can be increased or reduced, but remember that making the forcemeat too lean will reduce its eating quality. Although at first glance the recipe looks as if it calls for 50 percent fat, this is not the case, as the liver should be included as part of the meat. The proportion of fat is 44 percent. Taking the first column of ingredient quantities as an example, using 1 lb lean pork, 12 oz fat, and 4 oz liver lowers the proportion of fat to 38 percent (not counting, of course, the smaller amount of fat within the meats). Using 12 oz lean pork, 1 lb fat, and 4 oz liver raises the fat proportion to 50 percent.

Just as for sausages (see discussion on p. 849), the meats must be kept well chilled at all times. Chill the grinding equipment before grinding, and return the meats to the refrigerator whenever they lose their chill.

After grinding, the forcemeat should be mixed to develop texture, the same as for sausage forcemeats (p. 850). Mixing binds together the meat proteins, fat, and water so that, after cooking, the forcemeat is smooth and moist rather than dry and crumbly.

Standards of Quality for Forcemeats

1. The main flavor of the forcemeat should be that of the main ingredient. In other words, duck forcemeat should taste like duck, game forcemeat should taste like game, and so on. Additional seasonings and flavorings should enhance the main ingredient, not cover it up or add inappropriate tastes.
2. The texture of the forcemeat should be appropriate to the finished product. For example, forcemeat for country-style terrines should have a coarse texture, while forcemeat for galantines (p. 873) should be smooth. The forcemeat should contain no fragments of bone, cartilage, or connective tissue.
3. The cooked forcemeat should slice easily, and the slices should hold their shape. Forcemeats with a crumbly texture or those that break easily when sliced were incorrectly made.
4. Added garnish should be attractive, correctly cut, and well distributed in the forcemeat. Colors from garnish should not bleed into the forcemeat. Garnish flavors should complement the flavor of the main meat ingredient.
5. The color of the sliced forcemeat should be appropriate to the main meat ingredient, with no gray or discolored areas.

PROCEDURE for Preparing Poultry Livers for Forcemeats

1. Rinse the livers in cold water, drain, then soak 24 hours in enough milk to cover.
2. Drain and rinse thoroughly in cold water. Drain again.
3. Remove all fat and connective tissue. At this point, the livers are ready to be used whole as garnish for pâtés and terrines. If they are to be added to forcemeats, continue with steps 4 and 5.
4. Blend in a blender until liquid.
5. Strain through a chinois or fine strainer to remove all traces of connective tissue.

Basic Pork Forcemeat

YIELD: 2 LB (900 G)

U.S.	METRIC	INGREDIENTS
14 oz	400 g	Lean pork
14 oz	400 g	Pork fat
		Marinade:
1½ oz	45 g	Shallots, minced
½ oz	15 g	Butter
2 fl oz	60 mL	White wine
2	2	Bay leaves
1 fl oz	30 mL	Brandy
2½ tsp	12 mL	Salt
½ tsp	2 mL	Pâté spice or quatre épices (see *Note*)
¼ tsp	1 mL	White pepper
4 oz	100 g	Chicken livers, soaked, cleaned, and puréed (see above)
2	2	Eggs (see step 7)

PROCEDURE

1. **Before beginning, make sure all equipment and all ingredients are well chilled. Forcemeats must be kept cold at all times to prevent the fat from softening or melting.**
2. **Cut the meat and fat into small dice.**
3. **Sweat the minced shallots in the butter until soft. Add half of the white wine and reduce by half. Cool completely.**
4. **Combine the meat and fat with the shallots, the rest of the wine, the bay leaves, brandy, salt, spice mixture, and pepper. Toss to mix well. Cover and refrigerate overnight.**
5. **Remove the bay leaves. Grind the meat and fat twice through the fine blade of a meat grinder.**
6. **Combine the ground meats and liver purée.**
7. **Place the ground meats in the chilled bowl of a mixer. Beat the eggs lightly and add to the ground meat. Using a chilled paddle, mix thoroughly, until the forcemeat is well mixed and feels slightly sticky. (*Note*: The eggs are optional and are omitted in many pâtés.)**
8. **Make a quenelle (a small ball of forcemeat) and poach it in simmering water. Cool. Taste and correct the seasonings in the forcemeat.**
9. **Keep the forcemeat chilled until ready for use.**

Per 1 ounce (28.35 g): Calories, 150; Protein, 3 g; Fat, 14 g (89% cal.); Cholesterol, 54 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 200 mg.

Note: Pâté spice may be purchased in various blends, or you may make your own blend to taste. Pâté spice usually contains black and white pepper, cloves, nutmeg, ginger, cayenne, bay leaf, thyme, and marjoram. Grind very fine and sift through a sieve. For quatre épices, see page 853.

VARIATIONS

Omit the pork, fat, livers, and eggs in the basic recipe. Substitute the following ingredients and quantities. Vary seasonings to taste.

Veal Forcemeat

9 oz	250 g	Lean pork
9 oz	250 g	Lean veal
14 oz	400 g	Fresh pork fat
3	3	Eggs

Chicken Forcemeat I

9 oz	250 g	Lean pork
9 oz	250 g	Chicken meat
14 oz	400 g	Fresh pork fat
3	3	Eggs

Chicken Forcemeat II

1 lb 2 oz	500 g	Chicken meat
14 oz	400 g	Fresh pork fat
3	3	Eggs

Duck, Pheasant, or Game Forcemeat

7 oz	200 g	Lean pork, or a mixture of pork and veal
7 oz	200 g	Duck, pheasant, or game meat
14 oz	400 g	Fresh pork fat
4 oz	100 g	Livers, soaked, cleaned, and puréed
1	1	Egg

TERRINES AND PÂTÉS

Terrines and pâtés are baked forcemeats, often but not always containing one or more types of garnish. Strictly speaking, the difference between the two lies in how they are baked. By definition, a **terrine** is baked in an earthenware dish. The dish itself is also called a ***terrine***, a word derived from the French ***terre***, meaning "earth." Today, other materials besides earthenware, such as glass or metal, may be used for terrines. Terrines may be presented in their baking dish, or they may be unmolded.

Pâtés include products baked in a crust, although chefs disagree about the correct usage of the terms (see sidebar). In this book, we use the term **pâté** to indicate products baked with a crust and ***terrine*** for products baked without a crust. Popular usage of the terms, however, is much looser.

It should be noted that many kinds of products are called ***terrines*** because they are prepared in terrine molds. The terrines discussed in this section are based on the straight forcemeats we have just considered. Other kinds of terrines are discussed in the section beginning on page 875.

PÂTÉS AND PASTRY

Many experts argue that a pâté is, by definition, baked in a crust. The word pâté (with an accent on the *e*) is derived from the word *pâte* (without the accent), meaning "pastry." Others insist the root meaning of *pâte* is "paste," so it can apply to any kind of paste, including meat pastes. This agrees with modern usage, in which the word *pâté* is used for products with or without a crust, and even for spreadable meat pastes.

To avoid confusion, perhaps the best advice is to use the term **pâté en croûte** if you want to specify a pâté with a crust.

Preparing Pâtés

The essential difference between a pâté and a terrine, as we are using the terms, is the crust. Although a heavy pastry crust may not be suitable for all kinds of terrine mixtures, the typical baked forcemeat-type terrine under consideration here can usually be made with or without a crust.

This section concentrates on the specific procedures for making the pastry and finishing the assembled pâté. Making the meat filling is the same as for terrines and is not repeated here. To make a pâté en croûte, apply the following procedure to the Veal and Ham Terrine and to any of the variations following the basic recipe (p. 872).

Pastries used to enclose pâtés are of various types, but the most commonly used are similar to pie pastries, but sturdier. A recipe for this type of **pâte à pâté**, or pâté pastry, is included here. Its advantage over many other types of pâté pastry is that it is relatively good to eat. Some authorities argue about whether the dough around a pâté is meant to be eaten. But because customers are not necessarily aware of this argument, it is best to use a pastry that is reasonably pleasant to eat.

Traditional English pâtés, or raised meat pies, use a hot-water pastry that can be modeled like clay and is sturdy when baked. Pastries used for display—that is, for show platters not intended to be eaten—are also made to be sturdy and easy to handle. These pastries are not considered here.

One type of procedure for assembling a pâté follows the pastry recipe (Fig. 29.3).

Pâté Pastry (Pâte à Pâté)

YIELD: 1 LB 12 OZ (900 G)

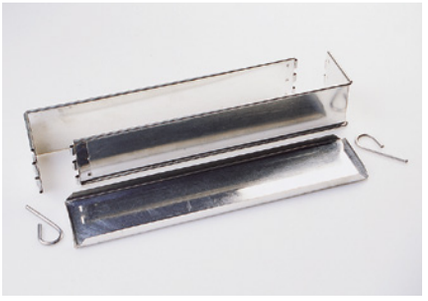
U.S.	METRIC	INGREDIENTS
1 lb	500 g	Flour
4 oz	125 g	Butter
3½ oz	100 g	Lard
1	1	Eggs
3 fl oz	100 mL	Water, cold
1¼ tsp	7 mL	Salt

PROCEDURE

1. **Place the flour in a large mixing bowl. Add the butter and lard. Rub them in until no lumps of fat remain.**
2. **Beat the eggs with the water and salt until the salt is dissolved.**
3. **Add the liquid to the flour mixture. Mix gently until it is completely absorbed.**
4. **Gather the dough into a ball. On a work surface, knead the dough a few minutes, or until it is smooth.**
5. **Place the dough in a pan and cover with plastic film. Refrigerate until needed, or at least 4 hours.**

Per 1 ounce (28.35 g): Calories, 120; Protein, 2 g; Fat, 7 g (53% cal.); Cholesterol, 20 mg; Carbohydrates, 20 g; Fiber, 0 g; Sodium, 140 mg.

FIGURE 29.3 Making a pâté en croûte.



(a) Collapsible molds are used to make pâtés en croûte because they can be removed from the mold without damaging it. Assemble the mold and grease the inside well.

(b) Lightly roll the pastry into a rectangle, keeping it thick.

(c) Work the dough into a boat shape. Dust heavily with flour and fold the dough lengthwise to make a pocket.

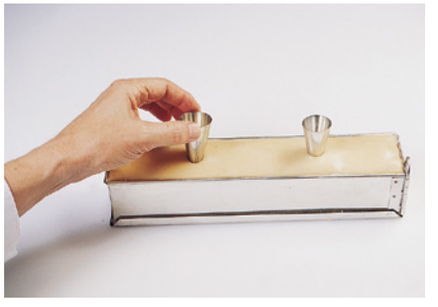
(d) Roll the double thickness of dough into a rectangle the size of the mold. Open the pocket.

(e) Fit the dough into the mold. Carefully work it to fit snugly. A ball of dough dipped in flour helps fit the dough into the corners without tearing it.

(f) Partially fill the mold with forcemeat and arrange the garnish according to the instructions in the specific recipe.

(g) Finish filling the mold, mounding the forcemeat slightly.

(h) Fold the ends and then sides of the dough over the top of the forcemeat, trimming the dough so it meets in the middle. Egg-wash the dough.



(i) Roll out and cut the top pastry and fit it in place, making sure it is sealed well to the dough below it. Egg-wash. Make holes in the top and fit pastry tubes in them to serve as chimneys to allow the escape of steam and to prevent melted fat from bubbling over the top crust as the pâté bakes.

(j) After the pâté has baked and cooled, pour liquid aspic through the chimneys to fill the spaces left when the forcemeat shrank during baking.

PROCEDURE for Lining and Filling Pâté Molds and Finishing Pâtés

1. Prepare the pastry in advance so it has plenty of time to rest. Remove it from refrigeration long enough ahead of time to allow it to warm up slightly.
2. Prepare the molds by greasing them well on the inside. The directions here pertain to standard rectangular pâté molds. These usually are hinged and collapsible so it is easy to remove the pâté without damaging it. If you are using bottomless molds, then also grease the sheet pans on which they are to set. For molds of other shapes, modify the pastry-molding procedure as necessary to fit the shape.
3. For best results, mold the pastry so it is of even thickness, has no seams, and fits the mold perfectly. First, work the pastry with the hands for a few seconds to make it pliable. Then shape it into a rectangle and roll it slightly with a rolling pin to flatten it, keeping it quite thick.
4. Make an indentation down the center of the dough with the fingers. Gradually make the dough into a sort of boat shape. Dust the inside of the dough shape well with flour (to keep the two layers of dough from sticking together) and fold the dough along the indentation to make a pocket.
5. Gently roll out the dough to make a rectangle the size of the mold. Be careful not to roll the dough too thin, which would make it fragile. Open up the pocket.
6. Fit the opened pocket into the mold. Carefully mold the pastry to the shape of the mold by pushing the dough with your fingers. Make sure there are no air bubbles between the dough and mold. A ball of dough dipped in flour is useful for pushing the dough into the corners of the mold without tearing it.
7. If the pâté is to be made without a top crust, leave a rim of dough about ¼ inch (5 mm) above the top of the mold. Crimp this rim to make a decorative border. If there is to be a top crust, leave a rim of half the width of the mold and let it hang over the sides. (For an alternative method, see step 10.)
8. The mold is now ready to fill. For display pieces, it is common practice to line the inside of the dough with thin sheets of fatback. For pâtés to be eaten, however, it is more appetizing to omit the fat lining. Fill the mold with the desired forcemeat and garnish as for terrines (p. 871). Mound the filling slightly so the top crust, if used, will have an attractive domed shape. The dough should hold this shape even as the forcemeat shrinks and settles during baking.

   If the pâté is not to have a top crust, it is now ready for baking. Skip to step 12. Baking without a top crust is easier and allows you to make an attractive aspic glaze with decorations for the top.
9. Fold the rim of the dough from the sides of the mold over the top of the filling. If using a top crust:
   - Roll out a sheet of dough.
   - Lay the sheet of dough on top of the mold, trim it to size, and remove it.
   - Brush the edges of dough from the sides of the mold with egg wash.
   - Return the pastry top to the mold and fit it in place, gently sealing it to the egg-washed dough.
10. As an alternative method for fitting the top crust:
    - Leave a ¼-inch (5-mm) rim of dough, as in step 7.
    - Brush the inside of this rim with egg wash.
    - Roll out and cut a top crust slightly larger than the top of the mold. Place it on top of the filled mold.
    - Crimp or pinch the two layers of pastry together with the fingers to seal.
11. Decorate the top crust with pastry cutouts, if desired. Seal the cutouts to the crust with egg wash. Make one or two vent holes in the top crust to allow steam to escape. Fit pastry tubes into these holes to form chimneys in order to keep juices from running over the top crust and spoiling its appearance.
12. To bake:
    - Preheat an oven to 400°F (200°C). Place the pâté on a sheet pan (if you are using a bottomless mold, it will, of course, already be on a sheet pan) and put it in the oven.
    - After 10 minutes, reduce the heat to 350°F (175°C). The higher initial temperature helps brown the pastry. Bake at this lower temperature until the internal temperature reaches 160°–165°F (72°C).
    - For an average rectangular mold, the baking time will be 1–2 hours. Small molds that make 1–4 portions will take 45 minutes or less.
    - For very large molds, use a baking temperature of 325°F (160°C) so they cook evenly. Extend the baking time accordingly.
13. Remove the pâté from the oven. Let the pâté cool to room temperature in its mold. For a pâté made without a top crust, first let it cool until it is warm. Then let it finish cooling with a weight on top in order to give the pâté a firmer texture. The weight should be large enough to cover the meat but small enough so it doesn't touch the pastry rim. This can be accomplished by cutting a board to the proper size, laying it in place on the pâté, and placing weights on the board. (Obviously, this cannot be done if there is a top crust.) Refrigerate.
14. When the pâté is cold, prepare an aspic jelly. Melt the aspic and flavor it, if desired, with a little sherry, port, or Madeira. Cool it according to the procedure on page 863. Fill the pâté with the aspic.
    - If the pâté has a pastry top, pour the aspic through the vent hole or holes, using a funnel, until the pâté is completely full.
    - If the pâté has no top crust, fill it with enough aspic to completely cover the top of the meat.
    - Refrigerate until the aspic is set.

15. Remove the pâté carefully from the mold.
16. Pâtés without a top crust may now be decorated and reglazed with aspic if desired. Decorate as desired (using the materials suggested on page 863) by dipping the decorations in liquid aspic and setting them in place. Chill briefly, then apply a little more aspic to glaze the top.
17. For storage, handling, and presentation, see page 860.

Preparing Forcemeat Terrines

Terrines, like pâtés, may be baked in molds of various shapes and sizes. Traditional oval molds, for example, have long been popular. For ease of portion control, however, rectangular molds are the most appropriate.

A terrine may be lined with thin sheets of fatback, although this is optional. The layer of fat does not contribute significantly, as is widely believed, to keeping the meat moist during baking; after all, the terrine mold itself is more moistureproof than the layer of fat. Although such a fat lining is traditional, today's diners are more likely to find a rim of fat unappetizing. Of course, the fat layer can be removed before serving. Alternatively, a sheet of caul fat, which is much thinner than fatback, can be used to line the mold.

PROCEDURE for Preparing Forcemeat Terrines

1. Prepare the desired forcemeat (p. 867).
2. Prepare the selected garnish. Meat garnishes are usually cut into strips, which are laid lengthwise in the mold.
3. Marinate the garnish as desired. This step is optional but adds to the flavor.
4. Prepare the mold. Do not use a hinged or collapsible mold, which cannot be placed in a water bath. If desired, line the mold with thin sheets of fatback (sliced on a slicing machine) or with a sheet of caul fat, letting the excess hang over the sides. Make the sheets of fat sufficiently large so the amount of fat hanging over the sides can be folded over to cover the top completely. If the mold is not lined with fat, grease it well.
5. Place a layer of forcemeat in the bottom of the mold. If no garnish is used, simply fill the mold. Spread the forcemeat evenly and rap the mold sharply on the workbench to dislodge any air bubbles.
6. Arrange a layer of garnish on top of the forcemeat.
7. Continue adding forcemeat and garnish until they are all used. End with a layer of forcemeat on top. Two or three layers of garnish are usually sufficient.
8. If a fat lining has been used, fold the excess fat over the top of the forcemeat to cover it.
9. Cover the top with a sheet of aluminum foil. Cut a few holes in the foil to allow steam to escape.
10. Place the mold in a water bath for baking. Make sure the bath is deep enough to allow the hot water to come halfway up the sides of the mold. Bake at 350°F (175°C) until the internal temperature registers 165°F (74°C).
11. Remove the terrine from the water bath and place it on a rack to cool. When it has cooled somewhat but is still warm, finish cooling it with a weight, as explained in the procedure for making pâtés. It should not be weighted when it is still hot because it is too fragile and might split or fracture, and the weight might force out too much juice. If a looser texture is desired, cool the terrine without weighting it.
12. When the terrine is completely cool, cover and refrigerate it.
13. The terrine may be sealed with a layer of fat or aspic. This protects the terrine from air and helps preserve it.
    - To add a layer of fat, melt lard (or rendered duck fat or other fat appropriate to the terrine), then let stand until cool but still liquid. The terrine should be cool, about 50°F (10°C). Pour in enough fat to cover the meat completely. Let stand until the fat has congealed, then cover and refrigerate. The purpose of this fat is only to extend the keeping quality of the terrine. It should be removed before serving.
    - Add aspic to a terrine in the same way as adding a layer of fat; see also the procedure for adding aspic to a pâté, (p. 870). Unlike melted fat, aspic extends the storage life of a terrine only a few days because the aspic itself dries out. On the other hand, aspic contributes to both flavor and appearance. If desired, apply decorations to the top of the terrine and add another layer of aspic to glaze.

Veal and Ham Terrine

YIELD: APPROXIMATELY 2 LB (1 KG)

U.S.	METRIC	INGREDIENTS
2 lb	1 kg	Veal Forcemeat (p. 867)
		Garnish:
4 oz	125 g	Veal, lean, trimmed
4 oz	125 g	Smoked ham
1 oz	30 g	Fresh pork fatback
2 fl oz	60 mL	Brandy
as needed	as needed	Fresh pork fatback or caul fat for lining molds (optional)

PROCEDURE

1. Prepare the forcemeat according to the recipe on page 867. Refrigerate it until very cold.
2. Cut the veal, ham, and fatback for the garnish into strips about ¼ in. (6 mm) thick. Mix with the brandy and marinate in the refrigerator 1 hour or longer.
3. Have ready a 2-qt (2-L) rectangular terrine mold.
4. If using fatback to line the mold, have the fat very cold. Cut it on a slicer into broad, thin slices less than 1/8 in. (3 mm) thick. Line the mold with the slices, overlapping them by about ¼ in. (5 mm). Let the tops of the slices hang over the edges.

   If using caul fat, line the mold with a large sheet of caul, letting the edges hang over the side of the mold. If not using caul or fat, grease the mold well.
5. Fill the terrine with alternating layers of forcemeat and garnish, beginning and ending with forcemeat and laying the strips of garnish lengthwise in the terrine. Press the meat firmly into the terrine so there are no air bubbles.
6. If using sheets of fat or caul to line the mold, fold the overhanging fat over the top of the forcemeat to cover.
7. Cover with foil.
8. Set the terrine in a hot-water bath. Bake at 350°F (175°C) until the internal temperature is 165°F (74°C).
9. Remove from the oven and cool until just warm. Weight and continue to cool, following the basic procedure on page 870. Finish, if desired, with a layer of melted fat or aspic, as described in the basic procedure.

Per 1 ounce (28.35 g): Calories, 170; Protein, 5 g; Fat, 15 g (83% cal.); Cholesterol, 50 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 250 mg.

VARIATIONS

Veal and Ham Terrine with Foie Gras

Prepare as in the basic recipe, but place a layer of sliced, cooked foie gras down the center of the terrine. Use slices of foie gras terrine (p. 883) or canned foie gras pâté. A row of sliced truffles may be placed on top of the foie gras layer.

Veal and Tongue Terrine

Use cooked, cured beef tongue in place of the ham.

Rabbit Terrine

Bone out a rabbit, keeping the loin meat in two long strips. Make a rabbit forcemeat by following the veal forcemeat recipe but substituting meat from the rabbit legs for all or part of the veal. Soak, clean, and liquefy the rabbit liver according to the procedure on page 867. Add it to the forcemeat. Omit the garnish from the basic recipe, instead using the rabbit loins marinated in the brandy. Fold the thin end of each loin back on itself so it is of uniform thickness. When filling the terrine, put half the forcemeat into the mold, lay the loins end to end down the center of the terrine, then fill with the remaining forcemeat.

Optional step: Make a stock with the rabbit bones. Reduce the stock to a glaze, cool, and mix with the forcemeat.

Optional step: Add a small quantity of nuts, such as skinned pistachios, to the forcemeat.

Country Terrine

Use pork forcemeat, keeping the grind rather coarse. Chop the garnish coarsely and mix with the forcemeat.

Game Terrine

Prepare as in the basic recipe, using Game Forcemeat (p. 867) and strips of game meat instead of the veal and ham for garnish. Optional: Add a small quantity of green peppercorns, rinsed and drained, to the forcemeat.

Duck Terrine

Bone out a duck. Use the leg meat, any trimmings, and the liver for making Duck Forcemeat (p. 867). Flavor the forcemeat lightly with grated orange zest, using the zest of ½ orange for each 2 lb (1 kg) forcemeat. If desired, flavor the forcemeat with duck stock reduced to a glaze and cooled. Use the breast meat for garnish, omitting the veal and ham from the basic recipe but keeping the fatback. Cut the breast meat into strips and marinate in the brandy with the fatback strips.

GALANTINES

A **galantine** is a ground meat mixture—that is, a forcemeat—wrapped in the skin of the product it is made from, such as chicken or duck. A galantine is almost always poached, although, in some instances, it is roasted.

A galantine is made by rolling up a forcemeat in a large piece of skin, giving it a cylindrical or sausage shape that yields round slices. Consequently, the name ***galantine*** is also given to forcemeats or other mixtures (such as mousselines) that are rolled into a sausage shape in a piece of parchment, plastic film, or other material.

A finished galantine is often displayed whole, decorated, and glazed with aspic, with a few slices removed to show a cross section. For à la carte service, slices of galantine are served the same way as slices of pâté and terrine.

The following is a representative galantine recipe. The procedure is illustrated in Figure 29.4.

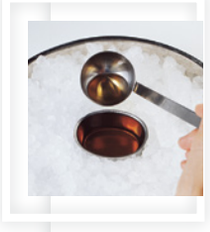
FIGURE 29.4 Making a chicken galantine.

(a) Place the flattened breast meat on the center of the skin so that 1–2 in. (3–5 cm) of skin shows around all sides.

(b) Shape the forcemeat into a cylinder and place it along one edge of the rectangle of chicken as shown.

(c) With the aid of the cheesecloth, roll up the forcemeat in the chicken skin. Do not roll the cheesecloth into the chicken.

(d) Tie the ends of the cheesecloth securely. Proceed as indicated in the recipe.



KEY POINTS TO REVIEW

- What are the three basic types of forcemeat? Describe them. What are their primary ingredients?
- What are the steps in the procedure for preparing poultry livers for use in forcemeats?
- What are the steps in the procedure for preparing forcemeat terrines?
- What are the steps in the procedure for making a pâté en croûte, beginning with lining the mold?
- What is a galantine? How is it made?

Chicken Galantine

YIELD: 3 LB (1.25 KG)

U.S.	METRIC	INGREDIENTS
1	1	Roasting chicken, about 5 lb (2.25 kg)
to taste	to taste	Salt
to taste	to taste	White pepper
4 fl oz	125 mL	Brandy
1 lb	450 g	Chicken Forcemeat I (p. 867), made with part of the leg meat (see step 4)
1	1	Liver from the chicken
		Garnish:
8 oz	225 g	Leg meat from the chicken (from step 4)
2 oz	60 g	Smoked ham
2 oz	60 g	Cured beef tongue, cooked
1 oz	30 g	Pimientos, rinsed and dried
1 oz	30 g	Truffles (optional)
2 oz	60 g	Pistachios, blanched and skinned
as needed	as needed	Chicken stock

PROCEDURE

1. One day in advance, prepare the chicken. Cut off the wings at the second joint. Slit the skin of the chicken along the backbone and carefully remove the skin in one piece. Remove the breasts, keeping them whole. Remove the meat from the legs and wings and reserve it for making the forcemeat.
2. Lay the skin flat, inside up, and trim it into a neat rectangle. Remove all fat and connective tissue. Place a piece of cheesecloth on a sheet pan and lay the skin in the center of it.
3. Butterfly the breast meat and pound it flat so the two breasts together make a rectangle. Place the flattened breast meat on the center of the skin. There should be at least 1–2 in. (2–5 cm) of skin showing around all sides of the breast meat rectangle. Sprinkle with salt, white pepper, and half of the brandy. Cover with plastic film and refrigerate overnight.
4. Trim all fat and connective tissue from the leg and wing meat and measure 9 oz (250 g) for making the forcemeat. Measure another 8 oz (225 g) leg meat for the garnish and mix it with the remaining brandy. Reserve any remaining meat for another use.
5. Use the carcass and giblets for making stock.
6. Prepare the forcemeat, grinding it very fine by using a food processor or by passing it three times through the fine blade of a grinder. Keep it cold at all times.
7. Soak, clean, and liquefy the livers according to the procedure on page 867. Mix the liver purée with the forcemeat.
8. Cut the chicken leg meat, ham, tongue, pimiento, and truffle into small dice.
9. Mix the diced garnish and the pistachios into the forcemeat until well combined.
10. Drain the brandy from the chicken skin and pat dry with a clean towel.
11. Form the forcemeat into a cylinder the length of the breast meat rectangle. Place the forcemeat on the breast meat and roll it up into the skin with the aid of the cheesecloth.
12. Roll the galantine in the cheesecloth and tie the ends. Then roll the galantine in a sheet of parchment, working to get the roll as smooth as possible. Tie the roll loosely at 2-in. (5-cm) intervals. (This method is used when the galantine must be completely smooth, with no tie marks. For a simpler method, tie the cheesecloth roll in three or four places and at the ends.)
13. Poach the galantine slowly in chicken stock until the internal temperature is 160°F (71°C), 45–60 minutes. Retie the galantine, which will have shrunk, then let it cool completely in the stock.
14. Remove from the stock, unwrap, and decorate as desired.

Per 1 ounce (28.35 g): Calories, 90; Protein, 5 g; Fat, 7 g (70% cal.); Cholesterol, 30 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 100 mg.

Chicken Galantine served with Onion Compote and a salad

TERRINES BASED ON MOUSSELINES OR GELATIN

The body of most fish terrines, as well as some vegetable terrines and other specialty items, consists of a mousseline forcemeat. These are made like traditional terrines, except a mousseline forcemeat takes the place of the straight forcemeat.

TERRINES WITH MOUSSELINES

A **mousseline forcemeat** consists of raw, puréed fish, poultry, or meat combined with heavy cream and, usually but not always, eggs or egg whites. Because they contain no starch or binder, and because of the large quantity of cream they contain, mousselines are the most delicate of forcemeats. The procedure for making a mousseline forcemeat is detailed in the following basic recipe.

Ingredient proportions in mousseline forcemeat depend on the qualities of the meat or fish being used. The albumin content of the egg white makes the mousseline firm when it is cooked. If the meat or fish you are using has a high albumin content, however, you may be able to reduce the quantity of egg white. In some cases, you may not need any egg. Similarly, the amount of cream depends on the firmness of the fish and on the intended use of the forcemeat. If it is to be the base of a terrine that will be sliced, too much cream will make it too delicate. On the other hand, for small timbale molds and similar items that don't need to be as firm, the quantity of cream can be increased beyond the amount indicated in the following recipe.

As for straight forcemeats, it is important to keep the ingredients cold at all times.

The procedure for assembling and cooking a mousseline terrine is the same as for making a regular forcemeat terrine (p. 871), except the internal temperature, when done, is slightly lower, 158°–160°F (70°C).

Cooked vegetables, fish fillets, and other appropriate items are used as garnish. Two or more mousselines can be layered in the mold to make multicolored terrines. Alternatively, a mousseline forcemeat can be spread on the bottom and sides of the mold, which is then filled with a different mousseline plus garnish and topped with a layer of the first mousseline.

Basic Mousseline Forcemeat

YIELD: APPROXIMATELY 1 LB 12 OZ (875 G)

U.S.	METRIC	INGREDIENTS
1 lb	500 g	Chicken meat, lean veal, fish, or shellfish (see *Note*)
2 oz	60 g	Egg whites
12 fl oz	375 mL	Heavy cream (quantity variable)
1 tsp or to taste	5 mL or to taste	Salt
to taste	to taste	White pepper
small pinch	small pinch	Cayenne
to taste	to taste	Nutmeg

Per 1 ounce (28.35 g): Calories, 70; Protein, 5 g; Fat, 6 g (73% cal.); Cholesterol, 35 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 120 mg.

Note: Use lean, skinless chicken meat, lean veal, fillets from lean, white fish, or shellfish such as scallops, shrimp, or lobster.

PROCEDURE

1. Have all ingredients and equipment very cold. In addition, have ready a bowl set in an ice bath for step 7. It is important to keep all ingredients cold throughout the production process.
2. Purée the meat or fish in a food processor.
3. Add the egg whites and process until they are well blended in and the mixture is smooth.
4. With the machine running, slowly pour in the cream through the feed tube. The mixture should be light, fluffy, and firm enough to hold a shape. If it starts to become softer than this while the cream is being added, stop adding cream.
5. Season. The amount of salt needed depends on the meat or fish and the intended use. For example, freshwater fish may need more salt than ocean fish.
6. Keep the mixture cold while preparing a poach test to check seasonings. Wrap a small quantity of the mousseline tightly in plastic wrap and poach in simmering water. Taste and adjust seasonings.
7. Force the mixture through a fine sieve into a bowl set in ice, in order to remove any bits of sinew, skin, or bone. This step is sometimes omitted, but it much improves the texture.

VARIATION

Herbed Mousseline

Add a mixture of chopped fresh herbs to the sieved mousseline mixture.

Terrine of Vegetables with Chicken Mousseline

YIELD: 2 LB (1 KG)

U.S.	METRIC	INGREDIENTS
1 lb 8 oz	750 g	Chicken Mousseline Forcemeat (p. 875)
2 tbsp	7 g	Chopped parsley
1 tsp	1 g	Chopped fresh tarragon
½ oz	15 g	Glace de volaille, melted (optional)
2 oz	60 g	Zucchini, small, trimmed
2 oz	60 g	Red bell pepper, cored and seeded
2 oz	60 g	Carrots, trimmed and peeled
2 oz	60 g	Green beans, trimmed
2 oz	60 g	Shiitake mushroom caps

Per 1 ounce (28.35 g): Calories, 60; Protein, 4 g; Fat, 5 g (67% cal.); Cholesterol, 25 mg; Carbohydrates, 1 g; Fiber, 0 g; Sodium, 90 mg.

PROCEDURE

1. Mix the chicken mousseline with the chopped herbs and the glace de volaille, if used.
2. Cut the zucchini into strips ¼–½ in. (1 cm) wide. Blanch 2 minutes in salted water, drain, and chill.
3. Char and peel the red pepper (p. 289). Cut it into strips.
4. Cut the carrots into strips like the zucchini. Blanch 3 minutes, drain, and chill.
5. Blanch the green beans 1–2 minutes, depending on their tenderness.
6. Cut the mushroom caps in half. Blanch 30 seconds, drain, cool, and pat dry to remove extra moisture.
7. Butter well the bottom and sides of a 1½-qt (1.5-L) terrine mold.
8. Spread one-third of the mousseline on the bottom of the mold, being sure to eliminate air bubbles.
9. Arrange the carrot strips and beans lengthwise in the mold, pushing them partway into the mousseline. Keep the vegetables at least ¼ in. (5 mm) from the sides of the mold (Fig. 29.5).
10. Spread a thin layer of mousseline over the vegetables. Arrange the mushroom caps down the center of the mold, then cover with another thin layer of mousseline. About one-third of the mousseline should be left.
11. Arrange the pepper and zucchini strips lengthwise in the mold, adding a little more mousseline as necessary.
12. Top with the remaining mousseline, again spreading it carefully to avoid air bubbles. Rap the terrine sharply on the workbench to eliminate any remaining air bubbles. Smooth the top of the mousseline with a spatula.
13. Cover tightly with foil. Set in a hot-water bath and bake in an oven heated to 325°F (165°C) until set firm, about 1 hour and 15 minutes.
14. Cool thoroughly, then chill well in the refrigerator.
15. Unmold. Slice carefully with a knife dipped in hot water. Serve garnished with a few salad greens and an appropriate cold sauce.

VARIATIONS

Instead of the vegetables indicated, select your choice of seasonal vegetables.

For a more luxurious terrine, include thin slices of truffle with the garnish, or omit the parsley and add minced truffle to the mousseline.

Seafood Terrine with Vegetables

Use a fish or shellfish mousseline instead of the chicken mousseline. Reduce the number and quantity of vegetables. Add to the garnish some strips of smoked salmon.

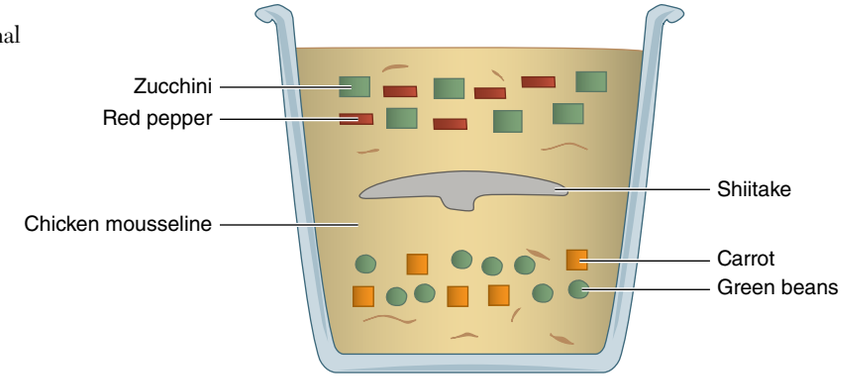


FIGURE 29.5 Cross-section diagram of Terrine of Vegetables with Chicken Mousseline.

TERRINES AND OTHER MOLDS WITH GELATIN

All the terrines we have discussed so far are traditional cooked terrines—that is, the raw forcemeat is cooked in the mold. There are many kinds of uncooked terrines as well. These are not cooked after assembly but rather, chilled until set. Any ingredients that require cooking are cooked before assembly. The terrines we discuss in this section rely on gelatin for their structure.

Preparing these items in terrine molds allows them to be cut into slices for serving, just as traditional forcemeat terrines are. They can also be made in molds of any other shape, including portion-size molds, which can simply be unmolded and garnished for serving. Cooked terrines, on the other hand, are best made in regularly shaped, symmetrical molds so they cook uniformly.

Most molds bound with gelatin fall into two general categories: those based on aspics and those based on mousses.

Aspic Molds

Aspic-based terrines are simply glorified gelatin molds—that is, they consist of solid ingredients held together by gelatin in the form of aspic jelly.

The proportion of aspic to solids can vary greatly. At one extreme, there may be just enough aspic to hold the solid ingredients together, so the aspic jelly itself is almost not evident. On the other hand, the aspic may predominate, with solid ingredients suspended in it at intervals. For this latter type to succeed, the aspic jelly must be of excellent quality, with good flavor, a firm but not rubbery texture, and sparkling clarity.

The majority of aspic terrines fall between these extremes.

The following procedure is applicable to the production of most aspic terrines and other aspic molds:

1. Either line the mold with aspic, following the procedure on page 864, or pour a layer of aspic into the bottom of the mold. Chill until firm.
2. Arrange a layer of garnish in the mold.
3. Add just enough aspic jelly to cover the solid garnish. Chill until firm.
4. Repeat steps 2 and 3 until the mold is full.
5. For best storage, leave the aspic in the mold, covered tightly with plastic film, until service time.

Terrines made by this method depend on a crystal-clear aspic jelly for their appearance and are often very elegant. Another approach is simply to combine the jelly with a mixture of ingredients and fill the terrine with this mixture. A clarified aspic may not be necessary for this method. Terrines made this way range from coarse, peasant-style dishes to more elaborate constructions.

Headcheese and a number of other commercially made luncheon-meat loaves are examples of this type of terrine. Tripes à la Mode de Caen (p. 519), when properly made, can also be chilled until solid and unmolded because it contains enough natural gelatin from the calves' feet and other ingredients. Jambon Persillé, or Parsleyed Ham (p. 878), is another example of a country-style aspic-based terrine made with unclarified jelly.

Mousses

A savory cold **mousse**, as used for the base of a terrine, is a preparation of puréed meat, poultry, fish, vegetable, or other food, bound with gelatin and usually lightened with the addition of partially whipped heavy cream. (It is true that the terms ***mousse*** and ***mousseline*** are often used more or less interchangeably, but we use them here in two distinct senses in order to avoid confusion.)

The gelatin used to bind or set the mousse may be added in the form of an aspic jelly or as powdered gelatin softened and dissolved in another liquid ingredient.

Because mousses, like aspics, are not cooked after assembly but merely chilled, they are often prepared not only in terrines but also in decorative, irregularly shaped molds. The production of mousses is relatively simple. The procedure consists of four main steps:

1. Purée the main ingredient.
2. Add the aspic jelly or dissolved gelatin.
3. Fold in the lightly whipped cream and season to taste.
4. Pour into the prepared mold.

Molds are usually lined with aspic jelly and decorated according to the procedures on page 864. As with other kinds of terrine, garnish, if any, is either mixed with the mousse or arranged in the mold as the mousse is added.

Although this method is really little more than mixing together the ingredients in a given order, two precautions must be taken:

1. **Carry out the entire procedure, including the pouring of the mixture into the mold, quickly and in one continuous process.**
   If you stop partway through the procedure, the gelatin is likely to set, and you will have a lumpy, poorly mixed product.
2. **Do not overwhip the cream.**
   Whip it only until it forms soft mounds. When cream is overwhipped, it breaks and becomes grainy. This same effect can be caused by the extra beating the cream gets when it is being folded into the mousse mixture. A mousse made with overwhipped cream tastes dry and grainy, not smooth and creamy.

Mousses can also be made without gelatin or other binders. A soft mousse is simply a puréed or ground food with the addition of lightly whipped cream. Although these soft mousses are too soft to be used in terrines, they can be spooned into neat, oval quenelle shapes onto salad plates, garnished attractively, and served as first courses.

Jambon Persillé (Parsleyed Ham in Aspic)

YIELD: APPROXIMATELY 2 LB (1 KG)

U.S.	METRIC	INGREDIENTS
2	2	Pig feet, split
1	1	Onion
1	1	Clove
		Sachet:
1	1	Garlic clove
1	1	Bay leaf
½ tsp	2 mL	Dried thyme
½ tsp	2 mL	Dried tarragon
12 fl oz	350 mL	White wine
as needed	as needed	White stock
1 lb 8 oz	750 g	Mild-cured ham, in 1 or more large pieces
½ cup	30 g	Chopped parsley
½ fl oz	15 mL	Wine vinegar
if needed	if needed	Salt
if needed	if needed	Pepper

PROCEDURE

1. Put the pig feet, onion with the clove stuck in it, sachet, and wine in a heavy pot. Add enough white stock to cover. Simmer 2 hours, adding more stock or water as needed.
2. Add the ham to the pot. Add more stock as needed. Simmer until the ham is tender. Cooking time will vary greatly, depending on the ham.
3. Remove the ham. Trim any fat and skin. Cut the ham into large dice. Remove any meat from the pig feet, chop it, and add it to the ham. (Skin from the feet may also be added, if desired.) Chill the meat.
4. Skim and strain the cooking liquid. The stock may be clarified, but this is not necessary if a traditional rustic look is desired. The pig feet should have yielded sufficient gelatin, but test to make sure and add more gelatin if needed to make a strong aspic; see the procedure on page 862.
5. Melt the aspic (if it has congealed), and add the parsley and vinegar. Taste and add salt and pepper if necessary.
6. Select the desired molds; large salad bowls are traditional. Line the bottom of the mold with a thin layer of the parsley aspic. Chill until firm.
7. Combine the ham and aspic and pour into the mold. Chill until set.
8. To serve, unmold and slice. Serve unadorned or plated with salad greens and vinaigrette.

Per 1 ounce (28.35 g): Calories, 96; Protein, 10 g; Fat, 6 g (49% cal.); Cholesterol, 34 mg; Carbohydrates, 1 g; Fiber, 0 g; Sodium, 385 mg.

Tricolor Vegetable Terrine

YIELD: APPROXIMATELY 1 LB 12 OZ (800 G)

U.S.	METRIC	INGREDIENTS
1 lb	450 g	Spinach
¼ oz	7 g	Shallot, minced
¼ oz	7 g	Butter
1 tsp	5 mL	Gelatin powder
1 fl oz	30 mL	Chicken stock, vegetable stock, or water, cold
to taste	to taste	Salt
2 fl oz	60 mL	Heavy cream
5 oz	150 g	Cauliflower, trimmed
2 oz	60 g	White turnips, peeled
1 tsp	5 mL	Gelatin powder
1 fl oz	30 mL	Chicken stock, vegetable stock, or water, cold
to taste	to taste	Salt
2 fl oz	60 mL	Heavy cream
7 oz	200 g	Carrots, trimmed and peeled
1 tsp	5 mL	Gelatin powder
1 fl oz	30 mL	Chicken stock, vegetable stock, or water, cold
to taste	to taste	Salt
2 fl oz	60 mL	Heavy cream

PROCEDURE

1. Have ready a 1-qt (1-L) terrine mold. For ease of unmolding, line with plastic film.
2. Trim the stems from the spinach and wash it well in several changes of water. Cook in boiling, salted water until done, about 2 minutes, and drain. Rinse under cold water to cool. Drain. Squeeze dry.
3. Chop the spinach into fine pieces by hand or in a food processor.
4. Sweat the shallots in butter until soft. Add the spinach and cook slowly until quite dry. Cool thoroughly, but do not chill.
5. Soften the gelatin in the stock, then heat until it is dissolved. Cool and stir into the spinach. Add salt to taste.
6. Quickly whip the cream until it forms soft peaks. Immediately fold it into the spinach mixture. Pour it into the mold and smooth with a spatula. Chill until set.
7. Steam the cauliflower and turnips until they are tender. Purée in a food processor. For the smoothest texture, force the purée through a sieve. Mix the vegetables together. Heat slowly in a large sauté pan to dry the purée slightly. Cool thoroughly, but do not chill.
8. Repeat steps 5 and 6 to make the white mousse. Pour it into the mold on top of the green mousse. Chill.
9. Trim, cook, and purée the carrots in the same way, and dry the purée as above. Repeat steps 5 and 6 to make the orange mousse, and add it to the terrine (Fig. 29.6). Chill until set firm.
10. Unmold the terrine and slice to serve. Garnish as desired and serve with an appropriate cold sauce.

Per 1 ounce (28.35 g): Calories, 30; Protein, 1 g; Fat, 3 g (65% cal.); Cholesterol, 10 mg; Carbohydrates, 2 g; Fiber, 1 g; Sodium, 20 mg.

VARIATIONS

Other vegetable purées may be substituted for those in the basic recipe.

For a low-fat version, omit the gelatin powder, stock, and heavy cream. In place of the stock and cream, use an equal quantity of a strong aspic. Mix the aspic with the vegetable purées.

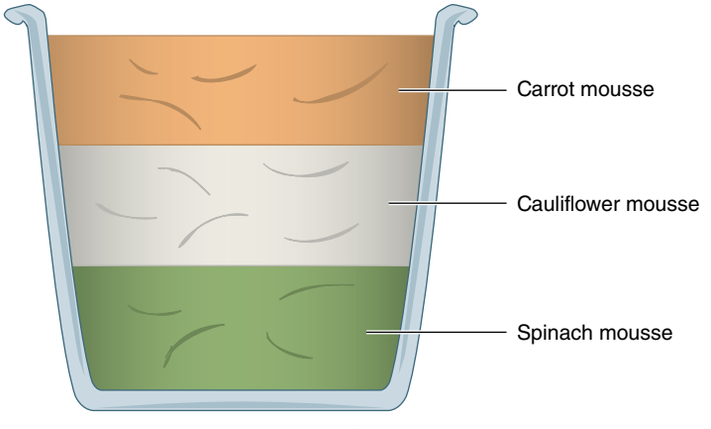


FIGURE 29.6 Cross-section diagram of Tricolor Vegetable Terrine.

Ham Mousse

YIELD: 2 LB (1 KG)

U.S.	METRIC	INGREDIENTS
1 lb	500 g	Cooked, lean smoked ham
5 fl oz	150 mL	Chicken velouté
1 tbsp	15 mL	Madeira wine
to taste	to taste	White pepper
to taste	to taste	Dry mustard
to taste	to taste	Salt
¼ oz	7 g	Gelatin powder
4 fl oz	125 mL	Chicken stock, cold
8 fl oz	250 mL	Heavy cream

PROCEDURE

1. Select a mold or molds totaling about 1 qt (1 L) in capacity. If desired, line the molds with aspic and decorate them according to the procedure on page 864. Keep chilled until needed.
2. Grind the ham until it is very fine.
3. Mix the velouté with the puréed ham. Add the Madeira and season to taste with white pepper, dry mustard, and salt. Salt might not be needed if the ham is very salty.
4. Soften the gelatin in the stock. Heat the stock until the gelatin dissolves, then cool the liquid aspic, but do not let it set.
5. Whip the cream until it forms soft peaks.
6. Add the aspic jelly to the ham mixture and stir until well combined.
7. Quickly and thoroughly fold the cream into the ham mixture. Taste and adjust seasonings if necessary.
8. Fill the prepared molds. Chill several hours or overnight until set firm. Unmold just before serving.

Per 1 ounce (28.35 g): Calories, 50; Protein, 3 g; Fat, 4 g (69% cal.); Cholesterol, 20 mg; Carbohydrates, 1 g; Fiber, 0 g; Sodium, 190 mg.

VARIATIONS

For a denser but less rich mousse, reduce the quantity of cream as desired.

Substitute prosciutto for one-eighth to one-fourth of the cooked ham.

Instead of velouté, substitute mayonnaise thinned with cream to the thickness of velouté.

Mousses of other meats, poultry, and fish may be prepared according to the same procedure, substituting an appropriate stock (such as fish stock for fish mousse) and using appropriate seasonings in place of the mustard and Madeira (for example, salmon mousse flavored with dill, cayenne, and white wine).

Mousse of Foie Gras

YIELD: 1 LB (500 G)

U.S.	METRIC	INGREDIENTS
8 oz	250 g	Foie gras (see *Note*)
4 fl oz	125 mL	Aspic jelly for coating
4 fl oz	125 mL	Heavy cream
to taste	to taste	Salt
to taste	to taste	White pepper

PROCEDURE

1. Force the foie gras through a sieve to purée it.
2. Melt and cool the aspic according to the procedure on page 863. Add it to the foie gras, mixing it in thoroughly.
3. Whip the cream until it forms soft peaks. Quickly and thoroughly fold it into the foie gras.
4. While folding in the cream, taste and adjust the seasonings with salt and white pepper. It is best to do this while folding in the cream so there is no delay that would allow the gelatin to set too early and to avoid excess mixing, which may overwhip the cream.
5. Pour at once into a terrine or other mold. Cover tightly and chill at least 1 day.
6. This dish is very rich and should be served in small quantities, about 2 oz (60 g) per portion. Serve by dipping a spoon into hot water and drawing it across the surface of the terrine, as though scooping ice cream. Place the spoonful in the center of a plate and serve with Melba toasts and raw vegetable garnish or salad greens.

Per 1 ounce (28.35 g): Calories, 50; Protein, 3 g; Fat, 4 g (66% cal.); Cholesterol, 95 mg; Carbohydrates, 1 g; Fiber, 0 g; Sodium, 85 mg.

Note: See page 881 for a discussion of foie gras. Cooked, not raw, foie gras is called for in this recipe. Terrine of Foie Gras (p. 883) may be used. If fresh foie gras products are not available, canned foie gras may be used.

FOIE GRAS, LIVER TERRINES, AND RILLETTES

The chapter concludes with three traditional terrines that require somewhat different techniques from those already discussed. It should be noted that, although these items are especially high in fat and cholesterol, they are as popular as they have ever been, even in these times of diet consciousness.

FOIE GRAS TERRINES

The most prized and, perhaps, the most famous ingredient for pâtés and terrines in classical cuisine is **foie gras** (fwahgrah). This French term means "fat liver." Foie gras is the fatted liver of specially fed varieties of ducks and geese. Until recently, only canned or processed foie gras products were available in the United States. Now, however, the breed of duck that is raised to produce foie gras (called the ***mullard*** or ***moulard***, a cross between the muscovy and White Pekin ducks) is grown on American farms. Consequently, fresh, raw duck foie gras is now sold in this country. Its availability has created a great deal of enthusiasm among American cooks in spite of its high price.

The special feeding of the ducks makes their livers very large, more than 1 lb (500 g) as a rule, with a high fat content. A good-quality fresh foie gras is a pale yellowish-tan color with a smooth, velvety texture, almost like butter. The liver has two lobes, one large and one small.

It is important to be aware that foie gras consists mostly of fat. Indeed, the rich flavor of the fat is the whole reason foie gras is so highly prized. Any fat that cooks out during preparation is carefully saved and used for another purpose. Those who must avoid fats, especially animal fats, should probably steer clear of this delicacy. For the rest of us, the high price of foie gras helps protect our health by making overindulgence unlikely.

There are usually two grades of domestic duck foie gras. The A grade is larger, usually 1¼ lb (600 g) or more, with relatively few blemishes and blood spots. The B grade is smaller and has more blood spots and veins. (There is also a C grade, but it is not used in food service.)

Preparing Foie Gras for Cooking

No matter how a raw foie gras is to be prepared, it should first be rinsed in cold water and examined closely for green spots. These are caused by bile; they must be cut or scraped away because the bile has a strong, bitter taste. Also, if there are any bits of external fat, remove them.

Next, the liver should be soaked. (This step is not required, but it does improve the product.) Place it in lightly salted ice-cold water or milk to cover. Let stand for up to 2 hours, no longer. Remove from the salted liquid and rinse in fresh, cold water.

For cold preparations such as terrines and mousses, the liver should first be deveined. To devein the foie gras, first let it come to room temperature. Its fat content makes the cold liver too brittle to devein without excessive breakage, which would result in more cooking loss. When the liver is at room temperature, even the heat of the hands melts the fat, so it is important to handle the liver lightly and to work quickly.

Begin by separating the two lobes and laying them, smooth side down, on a clean work surface (Fig. 29.7). Carefully trim off any bloody spots. Grasping a lobe with your thumbs at the sides and fingers underneath in the center, very lightly bend the lobe lengthwise. The top, rough surface should open up slightly, revealing a heavy vein that runs lengthwise through the liver. (If it does not open up, help it along with a shallow incision with the point of a paring knife.) Carefully pull out this vein, along with any other heavy veins that are attached, all the while being careful to keep the liver as intact as possible. Repeat with the other lobe. The foie gras is now ready to be made into a terrine.

No matter how a foie gras is cooked, it is essential to avoid even the slightest overcooking. The liver is delicate, and the fat cooks out very quickly. Even a few seconds too long in a sauté pan can reduce a slice of foie gras to a few specks of connective tissue floating in a puddle of very expensive grease.

FIGURE 29.7 Deveining foie gras.

(a) Slowly and gently pull the two lobes apart.

(b) Remove any visible membrane and surface blemishes from each lobe.

(c) Starting at the narrow, top end of each lobe, slit open the lobe about halfway to the other end and about halfway into its depth.

(d) Grasp the thick, top part of the vein network and pull gently while holding back the meat of the liver with the other hand.

LIVER TERRINES

Liver terrines, often called liver pâtés, are popular, inexpensive appetizers—except, of course, for those made with foie gras. The classic liver terrine is a mixture of liquefied livers—that is, cleaned, soaked, blended, and strained according to the procedure on page 867—with eggs and seasonings, baked in a terrine until set. An example of this type of recipe can be found on page 884.

This kind of liver terrine generally contains flour as a stabilizer. Because the liver forcemeat is liquid, the flour improves the texture of the cooked product by helping bind the moisture. Heavy cream is also included in most recipes as a source of fat. Other sources of fat sometimes used in addition to or in place of the cream are ground pork fat, ground bacon, marrow, and rendered foie gras fat left over from making terrines.

Another type of liver terrine consists of a basic pork forcemeat with a liver content high enough for the flavor of the liver to predominate. To make this type of terrine, make the forcemeat on page 867, but use six times the quantity of liver. The forcemeat will be quite soft. Follow the basic procedure for making forcemeat terrines (p. 871), using whole, trimmed chicken livers marinated in brandy as the garnish.

A quick and simple substitute for these more elaborate terrines might be considered a type of rillettes (see the next section), as it consists of a seasoned mixture of cooked meat (liver, in this case) and fat. This is the type of chicken liver pâté found on delicatessen and coffee shop menus. To make this type of pâté, sauté some chicken livers, mash or purée them, and mix the purée with about one-eighth its weight in rendered chicken fat, pork fat, soft butter, or other fat, or else with one-fourth its weight in cream cheese. Season as desired, with salt, pepper, herbs, brandy or sherry, and/or sautéed minced onion.

RILLETTES

In France's Loire Valley, the first thing customers are likely to be served in a typical neighborhood restaurant, whether they order it or not, is a crock of rillettes and some country bread to spread it on. Variations on this unpretentious dish have become widely popular and are served even in elegant North American restaurants.

Rillettes (ree yet) is a dish made of pork cooked slowly until it is very tender, then shredded, mixed with its own fat, seasoned, and packed into crocks or terrines.

Variations of the classic dish can be made by using other meats in addition to or instead of pork. Items rich in fat, such as duck and goose, are especially appropriate. Rillettes of lean meats, such as chicken, turkey, and rabbit, can be made, but some pork fat or other fat must be added to them when they are cooking.

Some chefs even serve rillettes made from fish, such as salmon or cod. The basic procedure is the same, except the cooking time is, of course, much shorter. The cooked fish is shredded, mixed with just enough butter or other fat to give it a pleasant texture, and seasoned well.

A typical recipe for classic pork rillettes is on page 884. Follow the same basic procedure to make duck rillettes and other variations. A recipe for rillettes made with fish is on page 885.

KEY POINTS TO REVIEW

- What are the basic ingredients in a mousseline forcemeat? How is the forcemeat made?
- What is a mousse? How is it made?
- What is foie gras? How is it prepared for cooking?
- What are rillettes? How are they prepared?
- How is a baked liver terrine made?

Terrine of Foie Gras

YIELD: VARIABLE, DEPENDING ON SIZE OF LIVER

U.S.	METRIC	INGREDIENTS
1	1	Fresh, A-grade duck foie gras, about 1½ lb (700 g)
1 tsp	5 mL	Salt
¼ tsp	1 mL	White pepper
½–1 fl oz	15–30 mL	Choice of wine or liquor: port, Madeira, Sauternes, cognac, or Armagnac

PROCEDURE

1. Soak, rinse, and devein the foie gras as described on page 881.
2. Place the liver in a bowl and season with salt and white pepper. Add the selected wine or liquor, using the smaller quantity for cognac or Armagnac; if using a sweet wine, use up to but not more than the larger quantity indicated. Turn the liver gently so that all sides are moistened.
3. Cover and refrigerate. Marinate 24 hours.
4. Remove the livers from refrigeration 1–2 hours before cooking time, and let them come to room temperature. This is essential for the proper cooking of the terrine.
5. Pack the large lobe (or the pieces of the large lobe, if it broke during deveining) into the selected terrine, smooth side down. Top with the small lobe, smooth side up. Press the liver in firmly to eliminate air spaces. Cover with foil.
6. Place several folded kitchen towels on the bottom of a roasting pan or other pan used as a hot-water bath. (This helps insulate the terrine from strong bottom heat.) Place the terrine in the pan and add warm, not hot, water to come halfway up the sides of the terrine.
7. Place the terrine in an oven preheated to 200°–215°F (100°C). Bake until the proper doneness, as determined by an instant-read thermometer (the following paragraph). This will take from 45 minutes to a little over 1 hour.

   The terrine is done when the thermometer reads 113°–130°F (45°–54°C). At the lower end of this range, the cooled terrine will be rather pink in the center, with a soft, creamy texture. At the higher end, the terrine will be firmer and less pink, but more fat will have cooked out, resulting in a lower yield. The right degree of doneness is a matter of personal preference.
8. Remove the terrine from the hot-water bath and set on a rack to cool. After about 10 minutes, weight it with a board that just fits inside the top of the terrine, or with another terrine, and several pounds of weights. When the terrine is almost cool but the fat is still liquid, pour off all the melted fat and juices. Separate and discard the juices. Reserve the fat. Put the weights back on the terrine and continue to cool.
9. When the terrine is cold, unmold it and remove and discard any bits of blood or juice on the bottom of the foie gras. Clean out the mold and put the foie gras back in it. Heat the reserved fat just until melted and pour it over the terrine. Refrigerate until cold, then cover tightly and refrigerate 3–5 days so the flavors can develop.
10. To unmold, dip the terrine in warm water for a few seconds, then invert on a platter or cutting board. Slice with a sharp knife dipped in hot water before each slice. Serve with a little chopped aspic and toasted brioche, or with salad greens and a mild vinaigrette made with walnut oil.

Per 1 ounce (28.35 g): Calories, 50; Protein, 6 g; Fat, 2 g (32% cal.); Cholesterol, 165 mg; Carbohydrates, 1 g; Fiber, 0 g; Sodium, 160 mg.

Chicken Liver Terrine

YIELD: 2 LB (1 KG)

U.S.	METRIC	INGREDIENTS
1 lb	500 g	Chicken livers
8 fl oz	250 mL	Heavy cream
5	5	Eggs, lightly beaten
2 oz	60 g	Flour
2 tsp	10 mL	Salt
½ tsp	2 mL	White pepper
1½ fl oz	50 mL	Brandy
as needed	as needed	Caul fat or thin slices of pork fatback for lining the mold (optional)

Per 1 ounce (28.35 g): Calories, 60; Protein, 4 g; Fat, 4 g (57% cal.); Cholesterol, 105 mg; Carbohydrates, 2 g; Fiber, 0 g; Sodium, 170 mg.

PROCEDURE

1. Soak, rinse, liquefy, and strain the livers, following the procedure on page 867.
2. Mix in the remaining ingredients, except caul fat, until smooth. If necessary, strain to eliminate lumps.
3. If possible, cover and refrigerate this mixture overnight. This helps eliminate air bubbles that may have gotten in, and it allows the flour to absorb moisture.
4. Line a terrine mold with the caul or fatback, or grease it very generously with butter or lard.
5. Cover with foil. Bake in a water bath at 300°F (150°C) until set. The water in the water bath should come up to the same level as the liver mixture. Cooking time will depend on the size and shape of the terrine; approximate time is about 2 hours. Check it periodically after about 1½ hours so it does not overbake.
6. Remove from the water bath and cool on a rack. Refrigerate overnight or longer. Unmold and slice, or serve directly from the terrine.

VARIATIONS

Substitute calf liver or pork liver for the chicken liver.

Rillettes of Pork

YIELD: APPROXIMATELY 1 LB (500 G)

U.S.	METRIC	INGREDIENTS
2 lb	1 kg	Pork butt or shoulder, with fat but without skin and bones
1	1	Onion, small
2	2	Cloves
2	2	Bay leaves
pinch	pinch	Dried thyme
2 fl oz	60 mL	Water
1½ tsp	2 mL	Salt

Per 1 ounce (28.35 g): Calories, 110; Protein, 9 g; Fat, 8 g (67% cal.); Cholesterol, 35 mg; Carbohydrates, 2 g; Fiber, 0 g; Sodium, 240 mg.

PROCEDURE

1. Cut the meat, with all the fat, into large dice.
2. Cut off 1–2 oz (30–60 g) of the fat and render it slowly in a large, heavy pot. Add the meat and brown it lightly and gently over moderate heat.
3. Stick the onion with the cloves. Add the onion and the remaining ingredients. Cover and cook slowly in a low oven or on the range over very low heat, until the meat is very tender. This will take several hours. Check periodically to see if the meat has become dry. If it has, add 1–2 oz (30–60 mL) water.
4. Remove the bay leaves, onion, and cloves. Place the contents of the pot in a colander set over a large bowl. Press firmly on the meat and collect the fat and drippings in the bowl. Separate the fat and juices and reserve them separately.
5. Pound the meat with a large pestle or mallet, then shred it with two forks until the meat is a mass of fibers and no lumps. Alternatively, place the meat in the bowl of a mixer and mix with the paddle attachment at lowest speed until the meat is thoroughly shredded.
6. Add as much of the rendered fat as desired and mix it with the shredded meat. Taste and adjust the seasonings. It should be well seasoned because it is to be served cold. If the mixture seems dry, add some of the reserved juices to achieve the desired consistency. The mixture should be thick but spreadable, neither too dry nor too soft.
7. Pack into crocks or terrines and smooth the top. If the rillettes are to be kept for more than 1–2 days, seal the surface from the air by covering with a layer of melted fat. Refrigerate overnight or longer. Remove the layer of fat before serving.
8. Serve with crusty bread and sour pickles.

VARIATIONS

Rillettes of Duck, Goose, Rabbit, Turkey, or Chicken

Substitute any of the above meats for all or part of the pork.
Lean meats should be cooked with additional pork fat to supply enough rendered fat to blend with the shredded meat.

Rillettes of Salmon, Haddock, or Finnan Haddie

YIELD: 1 LB 4 OZ (600 G)

U.S.	METRIC	INGREDIENTS
1 lb	500 g	Salmon, haddock, or finnan haddie, skinless and boneless
8 fl oz	250 mL	White wine
4 oz	125 g	Butter, unsalted
2 tsp	10 mL	Lemon juice
to taste	to taste	Salt
to taste	to taste	White pepper
to taste	to taste	Hot pepper sauce
as desired	as desired	Caviar, for garnish

PROCEDURE

1. Combine the fish and wine in a saucepan or sauté pan. Poach the fish gently just until it is done. Because there is not enough wine to cover the fish, turn the fish over occasionally during cooking so it cooks evenly.
2. Drain the fish and cool completely.
3. Break the fish into small pieces, then mash with a fork until there are no lumps.
4. Soften the butter, then mix it with the fish until uniformly blended. Season to taste with lemon juice, salt, white pepper, and hot pepper sauce.
5. Pack the mixture into small ramekins or crocks for individual service. Chill.
6. Top each portion with a small spoonful of caviar just before serving. Use salmon caviar for salmon rillettes, or any desired caviar for haddock or finnan haddie rillettes.
7. For service, place the ramekin on a small plate lined with a folded napkin or a doily. Arrange slices of toast or bread on the underliner around the ramekin, or serve the toast on the side.

Per 1 ounce (28.35 g): Calories, 70; Protein, 59 g; Fat, 6 g (72% cal.); Cholesterol, 25 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 55 mg.

ADDITIONAL RECIPES

These additional recipes may be found on your CulinarE-Companion recipe management program:

Lentil and Leek Terrine with Smoked Turkey and Prosciutto

Terrine of Vegetables and Chicken in Aspic

TERMS FOR REVIEW

garde manger
aspic jelly
aspic powder
forcemeat
garnish (pâté)
pâté de campagne
terrine
pâté
pâte à pâté
pâté en croûte
galantine
mousseline forcemeat
mousse
foie gras
rillettes

QUESTIONS FOR DISCUSSION

1. Explain how to slice a meat terrine.
2. Why are mustards and vinaigrettes often served with pâtés and terrines?
3. What are three purposes of using aspic as a coating or glaze for cold foods?
4. Describe how to melt and cool aspic jelly.
5. What are the basic ingredients in a typical pork forcemeat?
6. How are raw livers prepared for use in forcemeats?
7. What is the purpose of pouring a layer of melted fat over a terrine after baking?
8. What is the difference between the terms ***mousseline*** and ***mousse***, as used in this chapter?
9. What are the four basic steps in the production of a molded mousse? Why is it important to perform these steps quickly?
10. Why is it important not to overcook foie gras?