

You will need a food processor and a proper terrine pan is helpful but it can be made in a loaf pan. The difference between the 2 is that the terrine pan has thick cast iron walls and is skinnier. My pan is pictured below and it's made by Chasseur. A good terrine pan should last you a life time and you can use it for meat loaf too. My pan was around \$140 but they may be available for less. This recipe started out as a Lobster Terrine but I've changed it over the years to make it more affordable but if you are feeling decadent, by all means use some lobster in the middle. I'll give you some variations at the end of the recipe.



Lobster Terrine with Herb Mayonnaise

4 ounces cooked lobster meat (variations: lox, fresh cooked or frozen crab, asparagus, spinach)

6 ounces raw prawns (buy small ones as they are less \$\$ and since they will be pureed it doesn't matter)

6 ounces scallop meat (raw)

6 ounces salmon meat (raw) make sure the bones are removed-ground salmon is ok here too

8 ounces whipping cream

3/4 ounce salt (about 2 tsp)

1 generous pinch nutmeg

1 generous pinch cayenne

1 TBSP butter at room temperature for buttering pan

Using a food processor, purée shrimp, scallops, salmon, salt, nutmeg, and cayenne until relatively smooth. Add the cream and blend until incorporated.

Butter a terrine pan or loaf pan.

Pour 1/2 the fish mix into the mold, lay the lobster meat or whatever filling variation you are using over the top down the middle lengthwise (Don't cover the whole middle area all the way to the edges or the terrine won't hold together when sliced.) then fill with the rest of the fish mix. Tap the mold a couple of times on the kitchen counter and cook in a preheated 300° oven for 45 minutes. I don't put the lid on the terrine dish but I can't see why you can't if you wish. Insert a wooden skewer to test for doneness. If the skewer comes out clean, it's ready to come out of the oven.

Put the terrine in the refrigerator and wait 2 hours before slicing. Serve with a basil or dill mayonnaise (Just blend a good quality mayo with fresh chopped basil or dill and a squeeze of lemon). This can be served on individual plates lined with lettuce and a wedge of lemon and sprig of parsley, basil or dill for decoration or the slices can be served on a large platter for people to help themselves. A friend commented the other night that it was fantastic just with a squirt of lemon. Put some good crusty bread or baguette out to slather it on. Yum! AND you know what? It really is good for you too. No need to feel guilty eating this creation.

My comments and variations:

Don't worry too much about exact weights. You could use white fish but the salmon makes it pink and pretty. Some lightly steamed asparagus layered down the centre will also work instead of lobster or you can use spinach that's been steamed until wilted & cooled. Squeeze out excess moisture and use instead of the lobster. Also lox, smoked salmon or cooked crab work well as the filling.

This can be made a day or 2 ahead and left in the pan until ready to serve.

Tip: If you are using a loaf pan, you might need to do 1 1/2 or 2 x the amount this recipe calls for depending on the size of your pan and you don't want the terrine to turn out too squatty. It should be about 2 1/2 to 3 inches high when cooked.



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