Pea terrine on a bed of rocket

Recipe by V-ZUG Ltd.



Preparation	30 Mins
Cooking time	
Portions	6

Pea terrine

150 g peas, frozen

100 g potatoes, corresponds to 1 small potato

Peel and dice the potato.

Place the peas and diced potato in the perforated cooking tray. Put the stainless steel tray into the cold cooking space. Steam.

Steaming 100 °C for 15 Mins

Put the steamed vegetables in a deep bowl and allow to cool.

A dash of olive oil

2 bunching onions, with green tops

2 cloves of garlic

Coarsely chop the bunching onions. Peel and slice the cloves of garlic.

Heat the olive oil in a frying pan. Sauté the bunching onions and garlic, then add to the steamed vegetables.

15 g rocket

1 tsp salt

Some pepper, freshly milled

2 tbsp crème fraîche

1 egg

Line a terrine mould with cling film, leaving enough overlap to cover the top.

Coarsely chop the rocket, add to the vegetables and finely purée everything. Season. Stir in the crème fraîche and egg yolk.

Add a pinch of salt to the egg white and beat until stiff. Gently fold the stiff egg white into the pea cream.

Spoon the pea cream into the prepared terrine mould and smooth the top. Fold the overlapping cling film over the top.

Place the terrine mould on the perforated cooking tray and then put the tray into the cold cooking space. Steam.

Put the food in

Leave the terrine to chill in the refrigerator for at least half a day.

Rocket salad

1 tbsp pine nuts

100 g salmon, smoked

3 tbsp olive oil

2 tbsp sherry vinegar

¼ tsp salt

Some pepper, freshly milled

150 g rocket

Toast the pine nuts.

Cut the salmon into thin strips.

Put the olive oil and sherry vinegar in a bowl, season with salt and pepper and mix together well.

Toss the rocket in the vinaigrette and divide between the 6 plates.

Turn out the terrine, peel away the cling film and cut into approx. 2 cm thick slices. Arrange two slices of the terrine on top of the salad.

Sprinkle the strips of salmon and the pine nuts over the rocket.

Tips

Serve with a baguette.

Accessories

V-shaped terrine mould

Perforated stainless steel tray

Additional information

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