

Crab & Avocado Terrine



Serves 6-8 Prep 26 mins Cooking 10 mins Challenge
Refrigeration: 8 h

Ingredients

150 g crab meat, flaked
5 avocados
1 lemon
1 bunch of mixed herbs (chervil, chives, tarragon)
2 egg whites
300 g ricotta
100ml crème fraîche
6 sheets of gelatine
mild paprika
salt and pepper
bread or toast to serve

1. Soak the gelatine in cold water for 10 minutes. Line a cake terrine with cling film
2. Peel 4 avocados and take out the stone. Mix 3 of the avocados with a little pepper and 3 tablespoons of lemon juice. Cut the fourth one in little cubes.
3. Pour the crème fraîche in a casserole, heat it and then take it off the heat to add the gelatine. Make sure it dissolves; transfer the mixture to a salad bowl with the ricotta. Add salt and pepper and beat with a whisk.
4. Beat the egg whites into peaks with a pinch of salt and gently incorporate it into the ricotta with the whisk at a low setting (or by hand). Divide the mousse into 3 salad bowls. Incorporate the well drained crab and half the chopped herbs into the first bowl. Add the avocado mixture to the second bowl and keep the third bowl as is.
5. Pour the crab mousse into the bottom of the terrine; cover with the ricotta mousse while adding the avocado cubes and the rest of the chopped herbs, and finish with the avocado mousse. Cover with cling film and place in the fridge for 8 hours.
6. Just before serving, take the terrine out of the mould and sprinkle over the paprika. Decorate with slices of the last avocado (kept in lemon juice) and add a bunch of fresh herbs.