

Terrine de Poulet aux Petits Légumes



Serves 8

Prep 20 mins

Cooking 1h

Challenge

Ingredients

600 g chicken breast
3 eggs
100 g white bread
200 ml milk
100 ml thick crème fraîche
100 g petits pois
1 carrot (100g)

2 shallots
1 small bunch parsley
1 tbsp olive oil
5 g butter
1 tsp paprika
Salt & pepper

1. Cut the white bread into cubes and soak in the milk
2. Peel & chop the shallots and the carrots finely
3. Add the olive oil to a frying pan & fry the shallots over medium heat for a few mins. Add the carrots, then add 1/2 a glass of water & simmer over medium heat for 5 mins.
4. Cook the petits pois in boiling salted water for 5 mins, then drain.
5. Process 350g of the chicken breast in a food processor. Drain the milk from the bread in a colander, then add the drained bread to the food processor. Also add the 3 whole eggs, the paprika and the crème fraîche
6. Blend until the mixture is smooth. Then season & remove mixture from the blender.
7. Cut the remaining chicken into cubes & add them to the mix. Add the cooked veg to the mix.
8. Wash and finely chop the parsley. Add to the mixture and stir it in well.
9. Butter a cake mould & pour the mixture into the mould (or use aluminium containers set in cake mould for rigidity)
10. Put the mould into an oven tray filled 1/3 with boiling water.
11. Cook in the oven at 220C/ Fan 200C/ Gas 7 for 1h. Halfway through cover with some foil
12. Cool slightly before refrigerating for as long as possible before serving, sliced with a salad.