

Salmon terrine with Pistachios



Preparation :
30 minutes
+ 6 h in the
refrigerator



Cooking time :
10 minutes



Difficulty :
Average



SERVES 6



INGREDIENTS

- 800 g salmon fillets skinned and boned
- 2 egg whites
- 3 slices of gelatine
- 20 cl of single cream
- 1 dessert spoon of tomato purée
- 200 g of shelled pistachios
- 1 sprig of dill
- 20 cl of chicken stock
- 10 cl of double cream
- salt and pepper

PREPARATION

Steam the salmon fillets for ten minutes. Meanwhile, soak the gelatine into a bowl of cold water.

Next, put the salmon fillets, the single cream, the egg whites and the tomato purée into a blender.

Add salt and pepper. Mix to obtain a purée. Pat the gelatine dry and blend in along with 150 g. of pistachios.

Dip a ring-shaped mould into cold water and then, without letting it dry, put the salmon purée carefully into it.

Cover with food-grade film and place in the fridge for at least 6 hours.

Before serving, take the terrine out of its mould and cut into thin slices. Put the stock, the double cream and half the chopped dill into a saucepan.

Add salt and pepper and bring to the boil.

Reduce by a half. Lay the slices of terrine onto plates, pour on the sauce and top with the rest of the dill and a few pistachios.



Pistachio nuts come from trees of the same name. The United States and Iran are the main suppliers.