

HERBED SALMON TERRINE

This ultra quick and easy recipe for a French salmon terrine is fresh and delicious and can be served year-round as starter or even as a main dish on hot sultry evenings. Serve on a bed of lettuce tossed with vinaigrette.

Prep time: 10 minutes

Start-to-finish: 35 minutes

Advanced prep: 24 hours

Enough for 4 servings as a starter or 2 as a main course.

Ingredients:

Salmon filets, skin removed	250 gm
White wine	100ml
Bay leaf	1
Salt	1/4 tsp
Smoked salmon	250 gm
Fresh parsley, finely chopped	6 T
Fresh coriander, finely chopped	2 T
Greek-style yoghurt (full fat or reduced fat)	4 T
Olive oil	2 T
Lemon zest (optional)	1 tsp
Salt + pepper	to taste

1. Place the salmon filet in a saucepan, just covering the filet with water and then adding the wine, bay leaf and salt.
2. Poach the salmon for 5 minutes. Remove from saucepan, chop the salmon finely by hand and set aside to cool on a plate to room temperature (about 20 minutes).
3. Chop the smoked salmon finely by hand and place it in a mixing bowl.
4. Stir in the parsley, coriander, yoghurt, olive oil, lemon zest (if desired) and when cooled, the poached salmon. Mix well.
5. Add salt and pepper to taste.
6. You can either place the salmon mixture in a terrine and slice before serving or use a food presentation ring to mould the salmon on the plates before serving.