

Triple Vegetable Terrine with Mushroom Sauce

Summary

Yield	Servings
Source	wailana
Prep time	20 minutes
Cooking time	30 minutes
Total time	50 minutes

Description

If you are looking for something light and delicious with a beautiful visual presentation, this dish, with three brightly colored vegetable purees layered in a neat loaf, will definitely be one to consider.

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Triple Vegetable Terrine with Mushroom Sauce - Wai Lana Recipe

Ingredients

20 oz
Frozen chopped spinach, thawed
1 c
Ricotta cheese
1 1/2 tspn
Salt
7/8 tspn
Black pepper
2
Medium potatoes
1
Small beet
1
Small kabucha squash, peeled and cubed
1/4 tspn
Garlic powder
4 tspn
Fresh dill, chopped
1/2 c
Plain yogurt
1/2 c
onion, diced

1 1/2 tspn
Vegetable oil
1
Large tomato, diced
3 Tbsp
Whipping cream, whipped until slightly thickened
1/4 tspn
Mild chili powder
2 c
Dried whole wheat bread crumbs

--Mushroom Gravy:

2 Tbsp
Butter
1/2 c
onion, diced
2 c
Button mushrooms, sliced
1 Tbsp
Soy sauce
6 Tbsp
Garbanzo flour
1
Vegetable bouillon cube dissolved in 1 cup water
2 c
Water
1/2 tspn
salt, or to taste

Instructions

1. Steam the spinach briefly until defrosted and bright green. Rinse under cold water to cool. Drain, then squeeze to remove as much water as possible. Place in a bowl. Add the ricotta cheese, 1 tsp. salt, and 1/2 tsp. pepper and mix well. Chill.
2. Boil the potatoes, beet, and squash in separate saucepans until soft. Drain and cool. Peel the potatoes, then mash until smooth with no lumps. Peel the beet and grate finely. Mix it with the mashed potatoes. Add the garlic powder, 1/4 tsp. salt, 1/8 tsp. pepper, dill, and yogurt. Mix well and chill.
3. Mash the squash. Sauté the onions in the oil until golden. Add the diced tomato and sauté for 2 minutes until tender. Combine the tomato mixture with the mashed squash. Add the whipped cream, chili powder, and remaining 1/4 tsp. each salt and pepper. Mix well and chill.
4. Preheat the oven to 400°F. Oil two 1½-qt. loaf pans. Divide the potato-beet mixture into 2 parts. Press one part each evenly into each pan. Sprinkle 1/2 cup of bread crumbs over each one. Divide the squash mixture into 2 parts and press one part evenly into each pan. Sprinkle each with 1/2 cup of bread crumbs. Finally, divide the spinach mixture into 2 parts and press one part evenly into each pan.
5. Bake both loaves for 45 minutes, or until dry when poked with a knife. Remove from the heat and cool for 15-20 minutes. Slide a knife along the sides of the pans to loosen the loaves before turning onto a tray. Cool completely before slicing to prevent the colors merging, then cut into 1-inch slices.
6. While the loaves are cooling, prepare the gravy. In a medium saucepan melt the butter on medium-high heat. Add the onion and sauté for 30 seconds. Add the mushrooms and soy sauce. Mix well, cover, and cook until the mushrooms are tender, stirring frequently. Set aside.
7. In a nonstick skillet toast the garbanzo flour on medium-low heat until light golden. Remove from the heat and cool.

8. Place the bouillon into a medium saucepan on high heat. Add the 2 cups water and the salt. Gradually sprinkle the toasted garbanzo flour into this mixture, whisking constantly to avoid lumps. Add the mushrooms and onions. Bring to a boil and cook until the sauce is thickened, stirring frequently.
9. To serve, place the terrine slices on plates and spoon the gravy on the side or partially on top.

Notes

Nutritional Information Per Serving:

Calories: 182, Fat 7.5g (67 cal), Carbohydrate 21.4g (86 cal), Protein 7.4g (29 cal)

Added information: Saturated Fat 3g, Cholesterol 14mg, Sodium 741mg, Dietary Fiber 3.1g

Source URL: <http://www.wailana.com/lifestyle/recipe/triple-vegetable-terrine-mushroom-sauce>