

Vegetable Terrine

Vegetable terrine is one of the most popular of the Louisville Cuisine preparations. Most recipes use a rice or flour flattener to hold the blanched vegetables in suspension. I like this moistly vegetable version, however, to plain rice or try a flavored rice, such as Easy Rice (see page 20).

Serve this terrine as a hot main course with *Easy Pepper Sauce* (see page 106), as a vegetable accompaniment to meats, or as an unusual cold first course or picnic entrée, served with a *Tomato Fondue* (see page 116) or *Easy Pepper Sauce* (see page 106).

It's quite important to season each layer individually; you're serving the terrine cold, slightly overseason it.

- 1 lb yellow summer squash
- Salt
- 1 lb sweet red peppers
- 4 hard-boiled eggs
- 4 1/2 cups cooked and cooled rice
- 2 lb finely chopped fresh chili
- 2 lb finely chopped parsley
- 2 lb butter
- 2 lb minced shallots or onions
- Freshly ground pepper
- 4 cups finely julienned carrots
- Sugar (for older carrots)
- 1 cup finely chopped blanched broccoli
- 6 eggs
- 1 1/2 cups milk or cream
- 1/2 cup dried fine bread crumbs
- 1 cup grated Swiss cheese (optional)

Wash and trim the yellow squash, and grate on a large grater. Toss with a teaspoon salt and drain for 25-30 minutes.

Wash and halve the peppers. Remove the seeds and cut into large pieces. Then, grate with a hand grater or shred with the julienne blade of a food processor. Let drain in a sieve for 20 minutes.

Finely chop the eggs in a combine with the rice and herbs. Heat 1/2 tablespoons of the butter and sauté the shallots until barely cooked. Stir them into the rice mixture. Season with salt and pepper, and set aside.

Cook the carrots in 1 1/2 tablespoons of the butter until softened but not browned, about 3-5 minutes. Add a pinch of sugar for older carrots. Season with salt and pepper, and set aside until slightly cooled.

Cook the broccoli in 1 1/2 tablespoons of the butter until moisture evaporates. Season with salt and pepper and set aside to cool.

Squeeze the water out of the squash and peppers, and combine. Cook them in 1 1/2 tablespoons butter to dry slightly. Season with salt and pepper and cool slightly. Beat together the eggs and cream and set aside.

Butter a 4 1/2 x 9-inch loaf pan. Line the bottom and the sides with cut pieces of waxed paper and butter the paper. Sprinkle the bottom of the loaf pan with half of the bread crumbs. Spread half of the rice mixture across the bottom of the dish. Sprinkle one quarter of the cheese (if you like) across the rice. Pour on enough egg-



cream mixture to barely cover. (With each vegetable layering, you will repeat the cheese and egg-cream steps.)

Spread on the carrots, sprinkle on cheese, then a little of the egg-cream mixture again. Spread on the broccoli, then the cheese and the egg-cream mixture. Spread on the squash-pepper mixture, then the cheese and the egg-cream mixture. Finally, spread on the remaining rice and the rest of the egg-cream mixture. Sprinkle with bread crumbs. Top with a buttered piece of waxed paper and cover with aluminum foil.

Place the loaf pan in a high-sided baking pan and pour boiling water halfway up the sides of the loaf pan.

Place in a preheated 375° oven and bake 1 1/2 hours. Loaf should have pulled away from the sides of the pan and the egg-cream mixture should be thickened—can test with a skewer. Remove the aluminum foil and let rest for 10-15 minutes. Then run a knife around edge of the loaf pan. Remove the waxed paper on top of the vegetable terrine and invert it onto a plate. The rice should easily separate from the sides of the pan, off the remaining waxed paper. Slice in 1/2-inch slices and serve as suggested above. (Makes a 2 1/2-lb loaf)

- Mix and match vegetables. Use grated scented herbs, sautéed julienned leeks, fresh sweet 7, fennel, zucchini, and so on as long as you prepare each vegetable carefully and season it individually.
- If you prefer not to use the rice, and egg-cream combination, try a mixture of chicken, beef veal and layer the vegetables in the mixture.



Hot Pepper Sauce

How hot this sauce turns out depends upon the type of hot peppers you use. I prefer medium hot cherry peppers. To change the strength, increase or decrease the amount of peppers. I use this sauce to top steaks, chicken, beef, and other meats. Occasionally, I'll use some into soups and stews for extra zing.

- 1 cup chopped hot peppers
- 1 clove garlic
- 1 cup fresh tomato pulp
- 1 cup wine vinegar
- 2 lb oil
- 1/2 cup chopped onions
- 1 cup chicken or beef broth
- Salt



Roughly puree peppers, garlic, tomatoes, and vinegar in a food processor or blender. Heat the oil in a stockpot and cook the cream until wilted. Add the pepper mixture and broth. Cover the pan, and cook for 1 minute. Then uncover and gently boil for 30 minutes until thickened, stirring occasionally. Season with salt. (Makes 1 1/2 cups)

- Substitute peppers from Piquant Vinegar Peppers for fresh ones.