

5 COLOR VEGETABLE TERRINE

(adapted from [Foodnetwork Canada](#), a recipe by Laura Calder)

Yield: 8

Ingredients

- 8 large beet greens or ruby swiss chard (I used savoy cabbage because I couldn't find either beet greens or swiss chard)
- Salt and pepper
- 4 ounces cauliflower florets
- 4 ounces green peas
- 4 ounces carrots
- 4 ounces red pepper, seeded
- 1 1/2 ounces grated Parmesan cheese
- 5 eggs
- 2 1/4 cups heavy cream (I used cream with a fat content of 30%)

Directions

1. Bring a large pot of water to the boil. Salt it and blanch the beet greens, one minute. Remove the leaves and immediately rinse under ice cold water to set their colour. Gently lay on tea towels, and pat dry with another tea towel. They should not have any water on them for the next step.
2. Line a buttered terrine mould with a piece of parchment. Neatly lay in the beet leaves to cover the bottom and sides completely. They should dangle over the sides a bit so that they can be folded over the completed terrine later.
3. Cook the cauliflower, peas, and carrots, one at a time in the same pot of boiling salted water, until very tender. Remove them and immediately rinse in ice-cold water to preserve their colour. Drain well. Roast the pepper until very soft, peel, seed, and cut into pieces.
4. This terrine has five layers, so work one vegetable at a time. First put the cauliflower in the blender with one egg and 1/4 cup/60 ml cream. Pulse to a smooth purée. Pour into a small bowl and set aside. Rinse the blender and proceed with the remaining vegetables in the same manner, pouring their purées off into bowls and setting aside. Put the final egg and 1/4 cup/60 ml cream in the blender with the Parmesan cheese and purée to blend. Season each mixture with salt and pepper to taste.
5. If you pour one mixture in on top of the other into the terrine, they will run together, so spoon them in instead. Start with the carrot, spooning it into the terrine and smoothing it out to the edges. Next, spoon over the cauliflower, followed by the peas. Spoon the Parmesan mixture over evenly, and end with the red pepper. If one leaks through to another layer, fear not: some think it is even more beautiful that way and in any case it will taste delicious. Fold the overhanging beet leaves over top to cover. Bake in a water bath at 350°F/180°C until set, a good hour.
6. Remove the terrine from the bath. Let it cool completely on a wire rack, and, if possible, chill in the refrigerator overnight so it sets well. At least half an hour before serving, turn the terrine out onto a cutting board or platter for serving in slices.