

Pressed Leek Terrine with Cobnut Oil Dressing.

The beauty of this simple terrine is it is easy to make and is perfect as a vegetarian starter. You can also add different style garnishes from say fresh crab and a saffron vinaigrette to slices of fresh truffle and maybe some fresh foie gras as variations on a theme. It does take a bit of time to prepare and patience to press.

Ingredients:

2 - 2.5kg Leeks young and slender ones if available
salt and pepper

For the dressing

8 tbsp Cobnut Oil (I use from www.cobnutoil.co.uk)
8 tbsp Sunflower Oil
2 tspn dijon mustard
3 tbsp wine vinegar

For the Garnish

2 tbsp toasted chop cobnuts/hazelnuts
Some fresh peashoots and finely chopped chives



Method:

Up to at least two days in advance line a heavy cast iron terrine mould (you can use a loaf tin) with cling film. Ideally another terrine mould should be used to press the terrine you are making.

Trim the roots and tops of the leeks and remove any withered leaves. Slit open the leek in two lengthwise from just above the root to the top and wash under running water to clean totally.

Drop the leeks into a large quantity of boiling salted water. Cover until the water returns to the boil then simmer uncovered for about 8 minutes or until the leeks are tender. Remove from water and refresh in a sink/large bowl of iced water and drain on clean tea towels to soak up excess water.

Then layer the leeks in the terrine/loaf tin cutting the root off and trim to fit if necessary. Make sure you place in alternating rows of the dark and light ends to get the best effect. Sprinkle each layer with salt and pepper. Pack very tightly and in fact slightly overfill the terrine as pressing the terrine will help pack them down.

Cover with a board or another terrine mould that fits inside the top with a very heavy weight to help press the leeks.

Set on a tray deep enough to collect liquid and refrigerate for at least 4 hours draining off the liquid that escapes from time to time. After a good 12 hours pressing Remove from terrine mould and rest on a clean tea towel till required.

About two hours in advance or serving although not essential if you place the terrine in the freezer for 1 hour it makes it easier to slice. Do not allow it to freeze.

One hour in advance make the vinaigrette and chop the herb for the garnish.

Keeping it wrapped in the Clingfilm and using a very sharp thin knife cut into slices. With the help of a spatula arrange in the centre of individual plates and remove the Clingfilm. Spoon the vinaigrette around the leeks and sprinkle the herbs and toasted chopped nuts lightly over the vinaigrette. Leave the leeks plain

This recipe will serves 8 to 10 portions