



## Featured Recipe

From: Feature Story  
**Radisson Seven Seas Voyager**  
Compass Rose Restaurant

### Vegetarian Terrine with Artichoke, Broccoli and Carrots

Crunchy mixed greens and crème fraîche herb sauce

Category: Appetizer, Serves 10 – 12 Portions

#### *Ingredients:*

##### **For the Terrine:**

- 5 Small artichoke hearts
- 1 ½ Pounds head broccoli, cut into florets, thick stems discarded
- 3 Eggs
- 1 Tablespoon flour
- ½ Cup cream
- Salt and pepper
- 5 Sprigs tarragon, leaves only, chopped
- ¾ Pound carrots
- 1 Tablespoon olive oil
- Chive sticks

##### **Herb Sour Cream:**

- ½ Cup crème fraîche
- ½ Cup sour cream
- 1 Tablespoon lemon juice
- 2 Tablespoons mixed herbs (chervil, chives, parsley, dill)
- Salt and freshly ground pepper

##### **Garnish:**

- 2 Cups mesclun lettuce with fresh herbs
- 12 Pieces dried tomatoes
- Black sesame seeds
- Sliced baby zucchini



## *Preparation:*

- Preheat oven to 300 degrees.
- Boil the carrots in salted water until tender, and drain. Thinly slice the carrots lengthwise.
- Boil the broccoli florets in salt water for until tender. Remove from heat and transfer to a blender or food processor. Puree the broccoli until very smooth. Add the eggs, flour, cream, salt and pepper to taste, and process until well blended. Pour the mixture into a bowl and set aside.
- Raise the oven temperature to 325 degrees.
- Brush a 10-by-3-1/2-by3-inch terrine with the olive oil. Line the terrine with parchment paper, overlapping the edges by 2 inches. Brush the inside of the parchment paper with oil. Line the terrine with sliced carrots and chive sticks and spoon the broccoli mixture up to half of the terrine and than place the artichoke hearts along the length of the terrine and cover with the remaining broccoli mixture. Use the overlapping parchment paper to seal the terrine and place it in a deep ovenproof pan filled with 1 ½-inches of boiling water.
- Bake for 80 to 90 minutes, removing the paper after 30 minutes of cooking. The terrine is done when the mixture is set. Remove from heat, set on a rack to cool, and refrigerate for 1 day before serving.
- For the presentation – place a slice of terrine on the serving plates and serve with crème fraîche, mesclun with herbs, sun-dried tomatoes and black sesame seeds.