

Striped fish terrine

12 oz boned, skinned salmon	2 tablespoons chopped dill
12 oz skinned sole fillets	1 tablespoon chopped tarragon or
parsley	salt & pepper to taste
1 egg white	butter for greasing
5 fl oz thick double cream	
Lemon juice to taste	Serve with mayonnaise & garnish

1. Cut salmon into 1 inch pieces & puree till smooth (Magimix or blender)
 2. Add egg white and blend again till well mixed
 3. Put in fridge min 30 mins
 4. Return to blender & add cream, lemon juice & seasoning
 5. After blending return to fridge another 30 mins
 6. Cut sole fillets into long strips and roll well in herbs
 7. Preheat oven (180 degrees/Gas mark 4)
 8. Grease loaf tin with butter (use baking parchment)
 9. Spoon $\frac{1}{3}$ of salmon into tin & spread
 10. Lay herbed sole fillets on top leaving border around
 11. Put rest of salmon mix on top & spread evenly
 12. Cover with buttered foil & put in roasting tin with hot water to come $\frac{1}{2}$ way up side of loaf tin
 13. Cook for 35 mins (test with skewer – do not overcook)
 14. Lift out of roasting tin & leave in loaf tin till cold
 15. Remove foil & cover with oiled greaseproof paper & weigh down
 16. Leave in fridge to set for min. 4 hours before turning out
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