



Recipes created for the Afternoon Show on BBC Radio Oxford 95.2FM

Ratatouille Niçoise Terrine

Ingredients

Vegetables

30 large spinach leaves
1 red peppers
1 yellow peppers
1 green peppers
1 aubergines
1 bulb of fennel
3 courgettes
Rapeseed oil

Mousse

½ onion chopped
2 cloves of garlic crushed
3 red peppers
2 tomatoes
2 tablespoons of tomato puree
12 fresh basil leaves
1 sprig of fresh thyme
1 table spoon of caster sugar
150ml dry white wine
30ml of Brandy or Calvados
290ml of water
6 leaves of gelatine (soaked in cold water)

This is a great party dish which is vegetarian (especially by using vegetarian gelatine). It looks impressive and uses seasonal vegetables.

Based on a Prue Leith recipe

Method

Prepare the vegetables by blanching the spinach in boiling water for no more than 30 seconds, drain and refresh them in cold water. Put to one side. Put the gelatine leaves in a bowl and cover with cold water.

Prepare the other vegetables – coat the peppers with oil and roast in a preheated oven (220C/425F/Gas Mark 7) for 25 minutes, don't allow them to burn too much. Cool and remove skins and seeds. Cut the aubergines lengthways into quarters, coat with oil and cook in the oven for 20 minutes. Blanch the fennel in water for 5-8 minutes, refresh in cold water and dry with paper towel. Cut the courgettes into quarters lengthways and shape into a round shape pen like, then blanch in boiling water and refresh with cold water and dry.

For the mousse heat some oil and fry the onion, garlic, peppers and tomatoes with the tomato puree. Cook for a minute then add the herbs and sugar, cook for 5 minutes. Add the wine and brandy/Calvados, cook until it has reduced to about half the original quantity, add the water. Cook on a low heat for 15-20 minutes. Pass the mixture through a sieve or liquidise. You should have approx 725ml of mixture.

Heat the mixture gently until warm, add the soaked gelatine, remove from the heat and allow to cool making sure the gelatine leaves have dissolved. Season the mixture with salt, pepper and a squeeze of lemon.

Line a 900ml/2lb terrine with cling film, then line the tin with the spinach leaves, season lightly. Pour 2 tablespoons of the mousse mixture into the terrine. Cut the yellow peppers to make a layer on top of the mousse. Add more mousse layer with the aubergine, repeat with the red, green peppers and fennel. Season lightly with salt and pepper add each layer. Finish with a layer of mousse. Cover the base of the terrine with more spinach leaves. Cover and put a weight on the terrine then put in a fridge overnight.

When ready turn out the terrine by putting the serving plate on the top of the terrine, left and turn over the terrine and plate in one motion. You can then lift off the terrine and the cling film when ready to serve. Keep in the fridge until ready to serve in slices.

Other information

Serves 10-12

Preparation time - 45 minutes

Cooking time – 60 minutes