

## PATES AND TERRINES

### PATES



The term pate means forcemeat baked in a crust, usually in a rectangular or oval loaf mold. In French it is termed as PATE EN CROUTE. In other words it can also be a spread of finely chopped or pureed seasoned meat, often chicken liver.

In general sense the term pate applies to mixtures other than forcemeats baked in crust. **EQUIPMENT REQUIRED FOR MAKING PATE –**

- **Pate molds**

The mold selected will determine the appearance of the final product. There are three basic types of pate molds –

1. Hinged oval pate molds are classical styled having ornate decorations on the sides, is a distinctive feature of these molds. They come in a three piece or a four piece hinged mold. The mold is sized by its mold capacity.



2. Hinged rectangular mold have contemporary styling. This allows a higher product yield and easier portioning. Molds of this type have smooth or textured sides but seldom decorative designs. Normally they are three piece hinged molds. Those made from black steel are preferred as they allow better browning



3. Tapered loaf pans give pate a home-like appearance. The sides of the mold taper for easy removal



- Pastry wheels
- Scissors
- Palette knives
- Round cutters
- Aluminum foil

## PREPARATION

The preparation of pate is done in 5 stages

### 1. PRE-PREPARATION

- Prepare the dough
- Prepare the forcemeat
- Roll the dough about 1/8<sup>th</sup> inch thick and about the size of the sheet pan
- Using the assembled hinged mold, mark the dough for the main and the cap pieces.
- The bottom and the four walls of the mold to be covered with the dough.

- Allow for a ½ inch overhang on all the sides.
- The capping piece should be the size of the bottom
- Cut 2 chimney rings from an extra piece of dough using 1 inch and ½ inch round cutter.

## **2. ASSEMBLING THE PATE**

- Lightly oil the assembled mold.
- Fold the main piece of dough length wise. It should drop easily into the mold.
- It should cover all the four walls and the bottom of the mold.
- Using a small ball of scrap dough carefully press the dough into the corners of the mold.
- Cover and refrigerate the lined mold for one hour.
- Fill the mold with well chilled forcemeat ½ inch short of the top edge.
- The forcemeat should be placed in several layers using a palette knife to press the forcemeat to reduce the formation of the air pockets.
- Fold the overhanging dough over the top of the forcemeat.
- Lightly egg wash the dough covering the top.
- Lightly eggs wash the face of the capping dough.
- Lay the capping face, egg wash side down, on top of the pate.

## **3. INSERTING THE CHIMNEYS**

- Chimneys are placed in the pate to allow steam to escape. If chimneys are not present the steam can crack the crust.

#### 4. COOKING THE PATE

Cooking the pate is divided into two stages-

- Browning Stage – without egg washing the top of the pate, cover the pate with a foil. Place in a pre heated oven at 475 degrees F, for 10 minutes. Remove from the oven and allow rest for 15 minutes.
- Cooking Stage – uncover and lightly egg wash the top of the pate. Place in a preheated oven at 350 degrees F until an internal temperature is reached to 150 degrees F

NOTE: The temperature can be taken through the chimney

#### 5. FINISHING THE PATE –

The pate is not complete when it is removed from the oven. It must be first filled with aspic.

- Allow the pate to rest at room temperature for 15 minutes. This will allow the juices and fat those have come out of the pate to be absorbed back.
- Carefully fill the chimneys with a good quality aspic jelly.
- Allow the pate to chill overnight before removal and slicing.

## TERRINES



TERRINES are the closest cousin of pates.

The terrine vessel is an oblong, earthenware mold. It can also be enameled cast iron .

Terrines are the pate cooked in terrine mold and not a crust.

Terrines can also be made using pre-cooked paste of meat, fish or vegetable purees bound cold with gelatin or hot with eggs.

Terrines can be served directly from the mold or removed.

They are most often served cold however they can also be served hot.

### EQUIPMENT REQUIRED

- Terrine molds
- Plastic food film
- Palette knife
- Water bath with a rack

## PREPARATION

The preparation can be divided into 4 stages.

### 1. **PRE-PREPARATION-** The first step is to select a suitable mold.

- Lightly oil the mold
- Line the mold with single piece of plastic film, large enough to cover the bottom and the four sides.
- Prepare the forcemeat.

### 2. **ASSEMBLING THE TERRINE**

- Fill the terrine half with forcemeat, being careful not to form the air pockets.
- Place the garnishes if any.
- Fill the terrine with the remaining forcemeat to the shoulder of the mold.
- Fold the overhanging plastic sheet over the forcemeat.
- Place the lid on the terrine.

### 3. **COOKING THE TERRINE-**

- Assemble the water bath
- Place terrine in the water bath
- Place in the pre heated oven at 325 degrees F
- Cook to an internal temperature of 140 degrees F
- Remove from the water bath
- Cool at room temperature for 30 minutes.

### 4. **PRESSING TERRINES-**

- A cooked terrine is pressed by removing the lid and placing a metal plate, cut to fit the opening of the terrine, on top of the plate and the terrine is refrigerated overnight

## GALANTINES



Galantine is a boned poultry or game animal stuffed with forcemeat.

Modern galantines are more often rolled into an even, elongated shape resembling a thick sausage.

The meat of the poultry or game may be left attached to the skin in its natural position.

Poultry or game may also be skinned first and the prime pieces, such as the breast, used for the inlays

Once assembled, the galantine is poached and left to cool in a rich stock

The stock is made from the animal which has been used.

When cooled, galantines may be braised briefly

## PREPARATION



The preparation of galantine is divided into three stages.

### 1. PRE-PREPARATION-

- Begin with a chicken which has been plucked, dressed, washed and singed.
- Remove the wings at the second joint and reserve for the stock.
- Skin the bird.
- Remove the meat from the bones.
- Marinate the breast meat and skin for 3 hours with brandy, white wine, curing salt, salt and pepper.
- Prepare the stock from the bones.
- Prepare the forcemeat

### 2. ASSEMBLING THE GALANTINE

- Assembling the galantines is simply a matter of placing and rolling.
- Dampen a piece of cheesecloth. Fold in half and spread on the work table.
- Dust the skin lightly with a pinch of dry gelatin, salt and pepper.
- Spread the forcemeat on the skin, one inch thick, leaving one inch margin of skin all around.
- Place the marinated breasts lengthwise, on the forcemeat with the thinner ends of the breast, overlapping in the middle.
- Using the cheesecloth, roll the galantine away from you
- Make a snug roll free of any large wrinkles in the cheesecloth.



- Gather the cheesecloth at one end of the roll and tie like a toffee.
- Do the same with the other end also.

### 3. COOKING THE GALANTINE

- Place the galantine in a big brazier.
- Cover with the prepared stock and place on the range.
- Bring the temperature of the stock up to 190 degrees F
- Poach the galantine till the internal temperature reaches up to 170 degrees F
- Refrigerate overnight in the same stock

### 4. PRESENTATION –

- Traditionally the galantines are sliced and served with small cubes of delicate aspic.

#### ROULADES



The term roulade can be applied to contemporary products prepared in the manner which is similar to galantine, yet do not satisfy the classical definition of the galantines.

They are generally made by boneless flank steaks, butter flied, pounded, spread and then a filling of forcemeat or any other minces are added and is rolled in the style of the galantine



The roulade is then either roasted or poached

The variety of roulade is unlimited.

The roulades are sliced and served hot or cold.

## **BALLOTINES**



This is the smaller relative of galantines

It is an excellent method for using the leg portion of poultry when the breasts have been used in the other preparations

The legs are de-boned, leaving the meat and the skin intact.

Forcemeat or any other mince is stuffed into the pocket and then the pocket is carefully sealed.

The ballotine is normally roasted or braised.

It can be glazed with aspic or coated with chaud-froid sauce and can be served cold or hot.

## PARFAITS



This is the French word for PERFECT

It refers to two distinctly different items.

1. One is a frozen mousse like dessert of lightened still frozen ice cream, which is served in a tall glass.
2. Other parfait is a savory terrine which uses vegetables, fish, shell fish, poultry or other light meats. It is distinguished by its very fine texture and preparation methods.
  - It is based on raw mousseline forcemeat. Whipped cream is incorporated into this mixture for lightness. This mixture is set with gelatin, not by heat.
  - The second method is based on a puree of cooked meat or vegetable fortified with egg whites and is lightened with cream. The mixture is then molded and poached.
  - A parfait can be cooked in a terrine mold, large timbale or loaf pan.

## MOUSSE AND MOUSSELIN

These terms have two applications.-

**MOUSSE** – The mixture is a cooked puree, bound with gelatin and lightened with cream, is set by chilling.



**MOUSSELINE FORCEMEAT** – Is composed of raw pureed meat or fish combined with eggs and cream set by cooking



**MOUSSE AND MOUSSELINE** – These terms also refer to the size of the finished dish.

A mousse, hot or cold, is a dish made of mousse mixture or mousseline forcemeat. It is molded in a terrine, suitable to serve more than two people.



A mousseline is a small quenelle or molded individual portion of mousse mixture. Serve cold.





*IHM  
Notes  
Site*