Salmon Potato Mustard Terrine

One salmon-potato terrine, about 3¾ cups (900 ml); 4 modest cold fish-course portions · Active 40 min · Total 11 hr

Ingredients

- 10½ oz waxy potato (300 g peeled and cut into ½-inch/1 cm cubes)
- Drinking water for simmering potatoes, drained rather than mixed into gel
- 2 standard ¼-ounce envelopes unflavored powdered gelatin (14 g total), of specified setting strength
- 6 tablespoons cold drinking water (90 ml)
- ¾ cup pasteurized whole milk (180 ml)
- ½ cup thick plain pasteurized Greek-style yogurt (120 g), kept cold
- 1 tablespoon Dijon mustard (15 g)
- 1 teaspoon lemon juice (5 ml)
- 7 oz fully cooked ready-to-eat canned salmon (200 g drained edible weight), skin and bones removed, flaked small and kept cold
- 1 tablespoon finely chopped washed dill (2 g)
- ⅛ teaspoon black pepper
- ¼ teaspoon neutral oil (1.25 ml), for wiping mold

Set out

Knife and board, Saucepan and colander, Shallow cooling tray, Clean plate and fork for salmon checking, Small gelatin saucepan, Mixing bowl and whisk, Scale and measuring jug, Metal loaf mold of at least 1¼-liter capacity, Paper towel, Food thermometer, Cold platter, Refrigerator

Allergens

Fish (salmon), Milk, Mustard. Check labels and substitutions.

Make it

1. Cover potato cubes with cold drinking water, bring to gentle boil and simmer 10–15 minutes until tender throughout. Drain, spread on shallow tray and refrigerate promptly until cold, allowing about 30–45 minutes. Meanwhile drain and check salmon for skin and bones; weigh 200 g edible flakes and keep cold.

2. Check mold capacity, dry and oil lightly. Bloom gelatin over 90 ml cold water in saucepan 5–10 minutes. Add milk and heat gently while stirring until dissolved, about 120–140°F (50–60°C); remove from heat before boiling.

3. Whisk yogurt, mustard and lemon in mixing bowl. Whisk 3 tablespoons cold dairy mixture gradually into warm gelatin. When smooth and lukewarm, whisk back into remaining cold mixture with dill and pepper. Refrigerate 15–25 minutes until lightly thickened.

4. Fold in cold drained potato cubes and cold salmon flakes without crushing. Spoon into loaf with at least ½ inch (1.25 cm) headroom; use a separate refrigerator cup for any excess. Cover and refrigerate at 40°F (4°C) or below at least 8 hours until firm.

5. Allow 11 hours total including cooking and cooling potato, tempering and chilling. For unmolding, set a cold plate beside the refrigerator. Dip only the outside of the metal mold in warm, not hot, water, about 100°F (38°C), for 5–8 seconds without letting water touch food. Dry the outside, loosen just the upper edge with a clean fingertip and invert onto the plate. If stuck, repeat a brief dip rather than shaking violently. Refrigerate again immediately if not serving now. Cut 4 modest cold fish-course portions.

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Gelatin starting strength

Use food-grade unflavored powdered gelatin with a manufacturer benchmark of 7 g for about 2 cups (500 ml) plain liquid. Weigh the stated grams: envelope sizes and powder density vary. A flavored dessert packet, collagen peptides, sheet gelatin or agar is not an equal substitute.

Cold service

This is an original retro-inspired recipe, not a recovered 1960s formula. Gelatin is animal-derived; the vegetable ingredients do not make the dish vegetarian. A reliable refrigerator and the stated earlier ingredient deadlines are essential.

Ingredient labels

Mustard is an allergen even though not one of the nine major US categories. Read every prepared product label.

A useful detail

Water, milk and lemon total 275 ml. Yogurt 120 g, mustard 15 g, cooked potato from 300 g raw and salmon 200 g bring finished volume to roughly 900 ml. Fourteen grams gelatin supports the creamy starch-and-fish mixture; no cooking water is added.

Keep it well

Keep covered at 40°F (4°C) or below. Use within 24 hours of final assembly, including the overnight set, or the earliest fish, dairy or other ingredient deadline, whichever is sooner. Keep cumulative unrefrigerated preparation and service below 2 hours, or 1 hour above 90°F (32°C); discard beyond those limits. Do not freeze the finished gel. Start with freshly cooked potato as directed; do not use old untracked potato leftovers.