Mushroom Barley Stock Terrine

One mushroom-barley terrine, about 4 cups (950 ml); 6 substantial cold side portions · Active 45 min · Total 13 hr

Ingredients

- ⅓ cup pearl barley (60 g dry), not quick-cook or raw soaked grain
- 3 cups drinking water (720 ml) for barley, plus more if its packet requires; drained after cooking
- 7 oz washed trimmed mushrooms (200 g raw), thinly sliced
- 2 teaspoons olive oil (10 ml)
- 1 small garlic clove (3 g), finely minced
- ¼ teaspoon dried thyme (0.25 g)
- 2 standard ¼-ounce envelopes unflavored powdered gelatin (14 g total), of specified setting strength
- 6 tablespoons cold drinking water (90 ml), for gelatin
- 2 cups clear ready-to-use low-sodium vegetable or mushroom broth (480 ml), divided
- 1 tablespoon cider vinegar (15 ml)
- ⅛ teaspoon black pepper
- ¼ teaspoon neutral oil (1.25 ml), for wiping mold

Set out

Covered barley saucepan and sieve, Wide skillet, Knife and board, Two shallow cooling dishes, Small broth saucepan, Mixing bowl and spoon, Scale and measuring jug, Metal loaf mold of at least 1¼-liter capacity, Paper towel, Food thermometer, Cold platter, Refrigerator

Allergens

Barley (gluten). Check labels and substitutions.

Make it

1. Rinse barley if its label directs, put in saucepan with 720 ml drinking water and simmer by full packet directions, usually 45–60 minutes, until fully tender. Add water only if needed to keep cooking safely. Drain thoroughly; use all cooked grain, commonly 175–200 g. Spread in shallow dish and refrigerate promptly until cold, allowing 30–45 minutes.

2. Meanwhile heat olive oil in skillet over medium heat. Cook sliced mushrooms 10–12 minutes, stirring, until fully cooked, their liquid evaporates and edges brown. Add garlic and thyme and cook 1 minute without scorching. Transfer to separate shallow dish and refrigerate promptly until cold.

3. Check mold capacity, dry and oil lightly. Bloom gelatin over 90 ml cold water in mixing bowl 5–10 minutes. Heat 240 ml broth with pepper to 140–150°F (60–65°C), remove from heat and stir into gelatin until dissolved. Add remaining 240 ml broth and vinegar.

4. Refrigerate 25–40 minutes, stirring gently every 10 minutes, until lightly syrupy. Fold in all cold drained barley and cold cooked mushrooms with their oil. Spoon into loaf with at least ½ inch (1.25 cm) headroom; refrigerate excess separately.

5. Cover and refrigerate at 40°F (4°C) or below at least 8 hours until firm. Allow 13 hours total for full grain cooking, cooling and setting. 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 6 cold side 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

Barley contains gluten. Broth may add wheat, soy, celery or other allergens. Gelatin is animal-derived, so this is not vegetarian.

A useful detail

Free gel liquid totals 585 ml; barley is fully cooked and drained, roughly 175–200 g, while 200 g raw mushrooms commonly reduce to 120–140 g cooked. Fourteen grams gelatin supports roughly 950 ml finished mixture with modest yield variation. Cooking water is drained, not included in the 585 ml.

Keep it well

Keep covered at 40°F (4°C) or below. Use within 2 days of assembly or the earliest ingredient deadline, whichever comes first. Include the overnight setting period in that limit. Keep total unrefrigerated preparation and serving below 2 hours, or 1 hour above 90°F (32°C). Chill slices promptly after service; discard food exceeding those limits. Do not freeze; freezing damages the gel and releases water. Start with freshly cooked barley and mushrooms as directed; the overnight set counts inside their original storage clock.