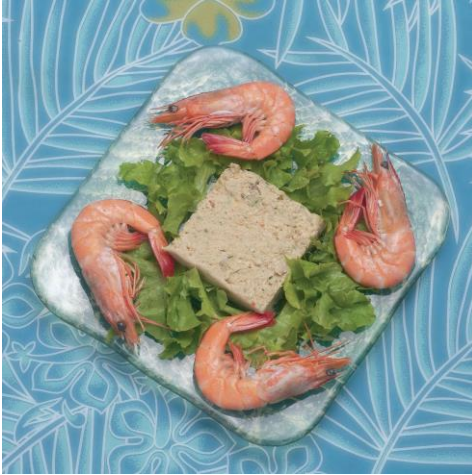


*Salut!*

Recipe of the Month – September 2015

*Fresh Tuna Fish Terrine*



As we've been hearing about New Caledonia in this month's programme, I thought it might be an idea to give you a recipe from there, especially as the local markets brim with excellent produce and there are more than 300 restaurants, cafés, caterers, snack vendors and «meals on wheels» - so it's not difficult to find a meal to suit everyone's tastes. Fresh fish is one of the many delights, so here's a recipe for a terrine made with fresh tuna fish, garnished with fresh prawns.

- 600 g fresh tuna • 3 egg whites • 1 plain yoghurt • 200 ml crème fraîche or sour cream • 1 carrot • 1 bunch of fresh coriander • salt and pepper

Steam the tuna and carrot. Combine the tuna, carrot, crème fraîche (or sour cream), yoghurt, salt and pepper. Fold in the stiffly-beaten egg whites. Pour into a loaf pan. Leave the terrine in the fridge for 24 hours. Serve chilled on a bed of lettuce, garnished with fresh prawns. That wasn't too difficult, was it? Bon appétit!