



Springtime brings an abundant range of fresh fruits that can be used in this beautiful dessert. The fruit layers are colorful and bright and the gelatin adds a wonderful smooth finish. The raspberry coulis is the perfect sauce for this fresh, light and naturally sweet dessert.

Fresh Fruit Terrine

Ingredients

1 cup sliced strawberries
60 grapes, halved
1 cup blueberries
1/4 cup julienned lemon peel
1 cup water
2 tbsp sugar

Ingredients - Gelatin

1 tbsp honey
4 cups water
3/4 cup sugar
Zest of 1 lime and 1 lemon
6 mint leaves
4 envelopes gelatin powder

Ingredients - Coulis

1 cup raspberries
3/4 cup icing sugar
Juice of 1/2 lemon
1 tbsp honey

Instructions

Start by making the gelatin. Put the honey, 3 cups of the water, sugar, lime zest, lemon zest, and mint leaves into a pot and bring the mixture to a boil. Stir well to ensure the sugar is melted. Once it starts boiling, remove it from the heat. Strain the liquid through a sieve to remove the zest and mint leaves and allow the mixture to cool.

While it is cooling, julienne the lemon rind. Boil 1 cup of water with the 2 tbsp sugar and blanch the julienned lemon rind in the water for 1 minute. Remove and run under cold water for a few seconds to stop the cooking process. Set the lemon rind aside.

Line a terrine with plastic wrap as tightly as possible (this will allow you to easily remove the terrine). Layer the fruits in the terrine and add the candied lemon peel. Note: In this dessert, I used strawberries and blueberries, but any fresh seasonal berry will work. Make sure to remove any stems on the berries.

Melt the gelatin in 1 cup water and mix it into the honey/water mixture until fully blended in. Pour the gelatin over the layered fruits until they are covered. Cover the mixture with the plastic wrap and then weigh it down with a piece of wood covered in silver foil (this ensures the fruits stay compressed).

Refrigerate overnight so the gelatin can firm up.

To make the coulis, crush the raspberries with a spoon through a sieve. The seeds of the raspberries will remain in the top of the sieve and may be discarded. Add the icing sugar, lemon juice and honey into the raspberry pulp and mix until the sugar is completely melted and the honey is incorporated into the coulis. Refrigerate covered until ready to use.

Once the terrine has firmed up, use the plastic wrap to pull it out of the terrine. Place your serving dish on top of the terrine and invert it. Remove the plastic wrap. Note: You can also make it without the plastic lining. You would then use a warm dish towel to loosen the terrine. The only benefit of not using the wrap is that you have cleaner lines on the outside of the terrine.

Slice the terrine and serve with a generous amount of the coulis. Makes 2 terrines (5" x 9").