



Anton Mosimann

PAVE D'ORANGES A LA SAUCE FRAMBOISE

Terrine of orange with raspberry sauce

"I created this terrine more than 25 years ago, when I first came up with the idea of cuisine naturelle, cooking that does not use cream, fat or sugar. Instead of sugar, I use apple juice and oranges. It is a light dessert that reflects summer perfectly."

Serves 8

- 9 oranges
- 4 gelatine leaves, soaked, drained
- 275ml clear apple juice
- 1 bunch of mint, leaves picked, small sprigs reserved for garnishing
- 20ml grenadine syrup
- 8 raspberries, to garnish

Raspberry sauce

- 225g raspberries
- 30g icing sugar
- 1 tbs lemon juice

1 Chill a 750ml china or glass terrine dish in the fridge. Wash 1 orange and

remove the rind (avoid the pith). Thinly slice the rind; set aside. Squeeze the juice from the orange and reserve.

2 Slice off the tops and bottoms of the other 8 oranges and slice the skin from the flesh, following the curve. Remove any white pith. Over a bowl to catch the juice, carefully remove the segments by slicing either side of the membranes. Remove the pips. Combine reserved juice with the other quantity and strain.

3 Gently warm 50ml apple juice in a pan and stir in the gelatine until dissolved. Add the remaining apple juice and 100ml orange juice.

4 Remove the dish from the fridge and spoon the jellied juice over the base to 6mm deep. Chill until set, then line the base with mint leaves. Drizzle over a tiny amount of jellied juice to hold in place, then chill again until set.

5 Fill a large bowl with ice. Once the leaves are set, turn the dish on its side on the ice. Working quickly, carefully spoon jellied juice along the side on the ice. Chill until set, then line with mint as before. Repeat for the other side.

6 Layer half the orange segments in the terrine and spoon over half the remaining jellied juice. Chill until set. Once firm, top with the remaining segments, spoon over the remaining jelly, then chill until set.

7 Meanwhile, gently simmer the reserved orange rind in a pan with the grenadine syrup and 50ml water till almost all the liquid has evaporated and the rind has turned pink. Leave to cool. Add a little extra water if too syrupy.

8 For the sauce, blitz the raspberries in a blender until fine. Strain into a bowl, then stir in the sugar and lemon juice.

9 To serve, briefly dip the terrine dish in boiling water, place a board on top and invert so the terrine falls gently on the board. Slice carefully. Spoon a little raspberry sauce onto each plate, top with a slice of terrine and decorate with orange rind, mint and raspberries. ●

Per serving 176 cals, 0.4g fat (0.1g saturated), 3.2g protein, 36.3g carbs, 36.3g sugars

Anton Mosimann is chef patron at Mosimann's Club, 11b West Halkin St, London, SW1X 8JL; 020 7235 9625; mosimann.com. Recipe taken from *Cuisine Naturelle: The Way to Better Health, Longer Life and Happiness*

PAVE D'ORANGES
A LA SAUCE FRAMBOISE

