

Vegetable Aspic

Ingredients:

10 cups broth (chicken or beef)
 6 tablespoons unflavored gelatin
 9 egg whites
 ½ cup grated carrots
 ½ cup cooked peas
 1 ½ cups cooked mixed vegetables.
 1 red pepper, blanched and sliced.
 ½ cucumber sliced.
 Spray oil (unflavored)



Instructions:

Add half of the liquid to a large sauce pan or wide pot. To this sprinkle the unflavored gelatin across the top of the broth. Allow to stand for 5 minutes while gelatin softens. For a large 10 cup recipe like this, clarify the broth by whipping 9 egg whites into a froth and then slowly adding them to the broth.

The egg whites are only used if you need to clarify the broth. If you are not using homemade and the broth is already clear, you can skip this step (egg whites).

Add the remaining liquid and bring this mixture to a boil stirring continuously. Boil 5 or 6 minutes longer and remove from heat. Allow mixture to cool, and then remove egg “scum” with a spoon and filter the rest through folded cheese cloth. (*cont*)





Spray the inside of your chosen mold with unflavored vegetable oil (Metal Bunt Cake molds work well). Pour about 1 cup of cool liquid into your mold and refrigerate ½ hour. After the ½ hour remove from fridge and sprinkle the grated carrots and green peas over the cold gelatin layer, creating the first layer. Pour over another 1 — 2 cups liquid depending on your mold

and refrigerate again for another ½ hour. Repeat this process adding various cooked vegetables to each layer. Add sliced blanched red bell pepper slices to the bottom layer (See video).

Most molds fit three vegetable layers. After the mold is filled and the last layer complete refrigerate over night. Un-mold by placing a plate over the opening and carefully flipping the aspic towards you. The aspic should release effortlessly. Use sliced cucumbers to garnish the sides of the aspic.



Important Keep in mind that aspics are not really popular today because of their strange gelatin texture. It should be made for its novelty and look.

Make sure that you have enough side dishes for your meal and don't rely solely on this one. Not everyone will eat it. ***Keep refrigerated until just before use. Aspic can revert back into liquid after sitting out for a while.***

Tip: You can adjust the amount of liquid if you consider it takes about 1 tablespoon of powdered gelatin to set 2 cups of liquid. I always add an extra tablespoon or so to guarantee a firm outcome.