



Mushroom and Carrot Pate

A cheesy vegetable cooked pate flavoured with herbs and spices.

Serves : 4 - 8
Preparation Time : 15 minutes plus cooling time
Cooking Time : 30 - 40 mins

Ingredients

2 onions, finely chopped
2 cloves garlic, crushed
1/2 tbsp olive oil
1 1lb / 450g mushrooms, minced
1 tsp salt
1 lb / 450g grated carrot
4 oz / 110g ground almonds
squeeze of lemon juice
4 oz / 110g cottage cheese, or ricotta cheese
pepper seasoning
cucumber slices for garnish (optional)

Herbs & Spices

1 tbsp Parsley
1/4 tsp Oregano
1/4 tsp Celery Seed
1/4 tsp Allspice Ground
1/2 tsp Mustard Powder

Cooking Instructions

Preheat oven to 180C / 350F / gas mark 4

Lightly fry the onions and garlic in the oil over a medium heat until soft. Add mushrooms and cook whilst stirring until the liquid that comes out of the mushrooms evaporates. Season with the salt and add pepper to taste. Blend in a processor until smooth.

In a large bowl, combine the rest of the ingredients (mix the mustard powder with a little water first) and mix well. Add the mushrooms to the mixture and stir in well.

Spoon the pate mixture in a well oiled loaf pan and cover with tin foil. Place in a baking dish, and half fill the baking dish with cold water. Bake in the oven for 30 - 40 minutes or until dry and firm to touch. Allow to cool completely (its nice chilled) before serving. To serve, turn out on to a plate and garnish with cucumber slices.