

Mushroom Pate.

Ingredients:

120g Butter
1 Small Onion. Chopped.
1 Punnet of Mushrooms. Sliced.
1 Large Clove of Garlic. Chopped.
1 Small Tub of Cream Cheese.
1tsp Cumin.
½tsp Mixed Herbs.
1tsp Soy Sauce.

Optional:

100ml Cream.
Pepper.

Vegan Option Ingredients:

120g Soya or Sunflower Spread.
1 Small Onion. Chopped.
1 Punnet of Mushrooms. Sliced.
1 Large Clove of Garlic. Chopped.
1 Small Tub of Vegan Cream Cheese.
1tsp Cumin.
½tsp Mixed Herbs.
1tsp Soy Sauce.

Optional:

100ml Vegan Cream.
Pepper.

Method:

- Put the chopped onions, garlic, and mushrooms to a baking tray along with the butter/ margarine.
- Add cumin, mixed herbs and soy sauce and mix.
- Cook in the oven for around 30 minutes on high (overcook it.)
- Take out of the oven and set aside to cool.
- Once cooled put the mix into a bowl and add the cream cheese.
- Use a hand blender to blend the mix down until smooth. Add the cream a little at a time until the desired consistency is achieved. Add pepper to taste.
- Leave in the fridge to set. The vegan option may stay a little thinner.
- Keep refrigerated and use within 3 days.

Serving Suggestions:

- Spread on a crusty baguette.
- Reduce with a little water and cream and add to cooked spaghetti as a pasta sauce.
- Put into Vol au Vents.