

Walnut Mushroom Pâté

From the American Institute for Cancer Research

http://preventcancer.aicr.org/site/News2?abbr=pr_hf_&page=NewsArticle&id=22675&news_iv_ctrl=1122

Ingredients

- 1/2 cup chopped walnuts
- 1/4 oz. dried porcini or wild mushrooms
- 1/3 cup hot tap water
- 8 oz. crimini mushrooms, stemmed and quartered
- 8 oz. white mushrooms, stemmed and quartered
- 1/2 cup coarsely chopped shallots
- 2 garlic cloves, coarsely chopped
- 1 Tbsp. extra virgin olive oil
- 1 Tbsp. dried thyme
- 2 tsp. reduced-sodium soy sauce
- Salt and freshly ground black pepper
- 2 Tbsp. chopped flat-leaf parsley, for garnish
- Preheat oven to 350 degrees.

Instructions

Spread walnuts on baking sheet. Stir and toast 5 minutes, until nuts are colored and fragrant. Transfer nuts to plate, cool and set aside.

In small bowl, soak dried mushrooms in water until soft, 20-30 minutes. When soft, squeeze mushrooms until dry, catching their liquid in small bowl. Strain liquid through paper coffee filter or fine strainer and set the liquid aside. Coarsely chop soaked mushrooms and set aside.

In food processor, combine half the fresh mushrooms with shallots, garlic, and half the soaked wild mushrooms. Pulse to chop very fine, 20 times; take care not to over-process. In large skillet, heat oil over medium-high heat. Add chopped mushroom mixture, mixing to combine with oil. In food processor, finely chop remaining fresh and soaked mushrooms, then add to pan. Do not clean out food processor. Cook until mushrooms look wet, 8-10 minutes, stirring often. Add thyme, soy sauce, and reserved mushroom liquid. Continue cooking until mushrooms are golden and cling together, 8 minutes. Set aside.

Add walnuts to food processor, and then cooked mushrooms. Pulse until mushroom-walnut mixture is bubbly; do not purée. Turn warm pâté into serving bowl and season to taste with salt and pepper. Or season pâté and cool to room temperature, cover tightly and refrigerate for up to 5 days. Garnish with parsley and serve with toast points, crackers or pita chips.

Makes 28 servings

Serving size 1 tbsp

Nutrition information per serving

Calories: 25	Dietary Fiber: 0 g
Total Fat: 2 g	Sodium: 10 mg
Saturated Fat: 0 g	Protein: 1 g
Cholesterol:	Carbohydrates: 2 g