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by Liz Robb

Mushroom Pate

Ingredients

2 shallots
3-4 cloves of garlic
130g chestnut mushrooms
130g mix of speciality mushrooms eg. chanterelle, enoki, shitake
50g butter
1 teaspoon of wholegrain mustard
1 teaspoon of lemon juice
A small bunch of flat parsley
4 heaped tablespoons of quark
Salt and freshly milled black pepper
Variations: Rosemary or tarragon make good alternative herbs to parsley.
Try using finely chopped leek instead of shallots.
Low fat crème fraiche can be used instead of quark or, if you want a really creamy pate and don't mind a higher fat content, go for full fat cream cheese!

Servings
4
Person

Preparation

1. Peel and finely chop the shallots and the garlic. Clean, trim and finely chop all of the mushrooms.
2. Melt 10g of the butter in a small saucepan and gently sauté the shallots for 5 minutes. Add the garlic and sauté together for a further 2-3 minutes until soft but not browned. Set aside.
3. Melt the remainder of the butter in another saucepan and sauté the mushrooms over a low heat, stirring occasionally, for 10-12 minutes to allow all of the moisture from the mushrooms to evaporate. Leave to cool for a minute or two.
4. Add the shallot and garlic mixture then stir in the mustard and lemon juice. Chop the parsley leaves very finely and stir into the mix.
5. Tip the mixture into a small food processor and pulse briefly. Gradually spoon in the quark, pulsing briefly each time until it is well mixed but still retains some texture. Season to taste with salt and black pepper.
6. Spoon into small individual ramekins, or into one sharing bowl if you prefer, then allow to chill completely in the fridge.

Cooks Note

Served on little crostini as a canape, with salty crackers as a starter, or just on buttered toast with a fresh salad on the side for a quick lunch, this meat-free, low fat mushroom pate is easy to make and delicious to eat.

Serves 4.