



Classic Mushroom Pâté

Mushroom pâté, perfect as a healthy snack with sourdough bread or pancakes. It can also be diluted to create a delicious sauce for pasta.

Ingredients:

8 ounces fresh mushrooms
3 ounces walnuts
1/2 onion
3 cloves of garlic
1 teaspoon dried thyme
oil
a little bit of pepper
salt
spring onion

Method:

1. Chop the walnuts and toast them in a dry pan.

2. In another pan, heat some oil and add chopped onion, garlic, a little bit of pepper, thyme, salt, and sliced mushrooms. Sauté until the mushrooms are cooked and all the liquid has evaporated.
3. Place the mushrooms and walnuts in a blender and blend until desired consistency. It should have small mushroom and walnut pieces.
4. Transfer to a bowl and, if desired, garnish with fresh spring onion.

Notes:

- This pâté can also be used as a sauce for pasta, just dilute it with a bit more water.
- You can use other types of mushrooms, such as porcini, instead of button mushrooms.