

CHESTNUT AND MUSHROOM PATE

INGREDIENTS

Serves 8. Freezes well.

Prep 5 mins & cook 25 mins + blending

- 250g mixed mushrooms, chopped
- 125g cooked chestnuts, roughly chopped
- 2 tbsp rapeseed oil (or your choice)
- 1 tsp rapeseed oil
- 1 small onion, diced
- 1 garlic clove, diced
- 2 tsp thyme leaves & or sage leaves
- 1 tsp balsamic vinegar
- Pinch of nutritional yeast
- 2 tsp dry sherry (optional)
- 1 tsp crème fraiche or cream cheese (vegan or dairy)
- Seasoning
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METHOD

1. Heat the oil in a frying pan, and gently fry the onion for 5 minutes, uncovered.
2. Add the garlic, mushrooms, thyme and 100g of the chestnuts. Cook on a low temperature on the hob for 20 mins (uncovered)
3. Add the vinegar, (& sherry if using), turn up the heat to let the liquid burn off. Finally add the crème fraiche / soft cheese & turn the heat off.
4. Transfer this mixture to a jug or bowl to be blended with a hand blender. I like my mixture quite chunky so I don't blend for too long. Season to taste.
5. Lastly, for texture, add the remaining chestnuts, finely chopped.

Originally a Jamie Oliver recipe. Lovely at Christmas in a carpet picnic.



HEALTH BENEFITS

Mushrooms are a type of fungi, the most popular type being white button mushrooms. These are very rich in potassium, phosphorous, and some B vitamins. If you store mushrooms on your windowsill to catch some sun, or they have been grown in sunlight, they are the best plant source of vitamin D. Thought to be effective at reducing blood fat levels, & have anti-biotic properties.

Garlic is well known to boost immunity & is antibacterial & antifungal. Much research has found it effective in treating colds & flu, it is anti-carcinogenic, & thought to be beneficial for high blood pressure, stroke prevention, & treating diabetes.

Chestnuts are quite different to other nuts, having 4 times as much carbohydrate, 1/3 of the protein, half the calories, and 1/15 of the fat. A great source of potassium, magnesium and iron.

Thyme is a Mediterranean herb, used by the Romans as a culinary and medicinal herb. Thyme is a great tonic for stomach & nerves. In tea it relieves wind, promotes appetite, strengthens digestion. Thyme vinegar was used for centuries to relieve headaches. Rich in essential oils, and sometimes used as an anti-septic mouthwash.