

Black Walnut and Maitake Mushroom Pâté

Ingredients

- ½ lb. maitake mushroom
- ½ lb. shiitake mushroom
- ½ medium-sized onion
- 2 cloves of garlic
- 1 cup shelled black walnuts
- 1 tbps. coconut oil
- 1 tbps. nutritional yeast
- ¼ cup fresh parsley, loosely packed
- 2 tsp. soy sauce
- Salt and pepper, to taste

Steps

1. Preheat the oven to 450°F (230°C). Wash and roughly chop/tear the mushrooms and onion, and place them, along with the garlic cloves, on a large baking sheet lined with a silicone baking mat. Roast for 15 minutes, flip them over and roast for another 15.
2. Heat a small skillet and add the black walnuts. Toast for several minutes, until they become fragrant, but make sure to stir frequently so they do not burn.
3. Add the roasted mushrooms, garlic, and onions to your food processor, along with the remaining ingredients (black walnuts, coconut oil, nutritional yeast, parsley, soy sauce and salt and pepper). Process until completely smooth, and transfer into a container. Allow to set in the fridge, and serve with bread or crackers.

