



mushrooms.canada

Mushroom Lovers CLUB

LEMON & TARRAGON MUSHROOM PÂTÉ

by The Gouda Life

Prep Time: 10 minutes | Cook Time: 15 minutes

This pâté is one of my favourite ways to eat mushrooms in the summer - I crave it all the time and its so easy to make ahead and keep in the fridge to snack on for a few days.

INGREDIENTS

16oz white or brown button mushrooms, cleaned and coarsely chopped
1 tbsp unsalted butter
2 tbsp vegetable/canola oil
1 medium shallot, minced
1 small clove garlic, minced
1/4 cup pecans, chopped fine
1/2 tsp salt
1/2 tsp fresh ground pepper
1 tsp fresh tarragon leaves
Zest from 1/2 lemon (about 1/2 tsp)
1/4 cup dry white wine
Juice from 1/2 lemon
2 tbsp cream cheese

METHOD

Spoon butter and oil into a heavy skillet over medium-high heat and let it get nice and hot. Once heated, add the minced shallot and garlic and cook until fragrant, about 1-2 minutes taking care not to burn garlic. Add the mushrooms and cook, stirring only occasionally, until all the liquid had evaporated and your mushrooms are nice and brown, about 6-8 minutes. Add pecans, salt, pepper, thyme and the lemon zest and let cook for 1-2 minutes. Add the white wine and let it cook off, scraping any stuck-on bits off the bottom of the pan. Add the lemon juice and remove from heat.

Take 3/4 of the mixture and place it in the bowl of your food processor or blender along with the cream cheese. Blend until smooth. Pour into a ramekin or small bowl, top with the remaining 1/4 of the coarse mushroom mixture. You can eat it as-is or refrigerate until chilled. It will keep in an airtight container for 3 days. And might I suggest a slightly chilled pinot noir or a really cold dark lager to accompany this? I think you'll like it.

Makes approximately 1 1/2 cups of pate

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RECIPE

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