



## **FABULOUS FAUX GRAS RECIPES**

Eat Faux Gras instead of Foie Gras

### **LENTIL WALNUT PATE**

1 1/2 cups brown lentils

about 4 cups water to which you add a heaped tsp MARMITE - extra flavour

Olive Oil

2 large onions, sliced / chopped

a bag of walnuts

1 Tbs Soy Sauce

Himalayan and freshly ground pepper

Cook the lentils 45 minutes, drain any excess water. While the lentils are simmering, saute the onions on low heat slowly in the olive oil. Check and stir frequently. This long, slow gentle cooking of the onions gives this spread its outstanding flavor.

Blend the lot until smooth. Season to taste with the salt and pepper.

### **Mushroom, Walnut, and Rosemary Paté**

1 red onion, cut lengthwise into thin crescents

2 teaspoons minced garlic

1 cup sliced cremini mushrooms

1 cup sliced shiitaki mushrooms

½ ounce dried chanterelles, soaked in ½ cup boiling water for 30 minutes

1 cup red wine

1 tsp sea salt

2 tsp coarsely chopped fresh sage

1 tsp coarsely chopped fresh thyme

2 tsp coarsely chopped fresh rosemary  
1 tsp ground nutmeg ½ tsp ground pepper  
1 Tbsp nutritional yeast  
1 cup walnuts, toasted  
1 Tbsp tamari soy sauce  
2 tsp balsamic vinegar  
2 ½ cups water  
2 tsp powdered agar agar, or 2 Tbsp agar agar flakes

To toast the walnuts, first soak in two cups warm water for thirty minutes. Drain. Place nuts on a baking sheet and bake in a 350° oven for 30 minutes, or until dry and light brown. Rotate every 10 minutes. Allow to cool to room temperature before serving.

In a large non-stick skillet or sauté pan, cook the red onion, garlic, and mushrooms in the red wine, the chanterelle soaking liquid, and sea salt over medium heat, stirring often, until all the moisture has evaporated. Add the chanterelles and cook until heated through. Remove from the heat. Add the sage, thyme, rosemary, nutmeg, pepper, and yeast and stir well to incorporate.

Transfer to a blender. Add the walnuts, tamari, vinegar, and 1 ½ cups of the water. Blend until smooth.

In a small saucepan, bring the remaining 1 cup water to a boil. Whisk in the agar agar and turn the heat to low. Continue whisking until the agar agar is thoroughly dissolved, about 5 to 7 minutes. Add to the mushroom mixture and blend until incorporated.

Test the paté to ensure that it sets up by refrigerating 1 tablespoonful for 10 minutes. If the test paté isn't firm by then, dissolve another 2 tsp agar agar powder or 1 Tbsp agar agar flakes in boiling water and add to the paté. Spread in an 8 x 5-inch loaf pan or 8-cup mold. Refrigerate for at least 2 hours. Unmold and cut into slices and serve with Garlic Crostini.

### **Spinach and Pimento Paté**

Pimento Paté

¼ cup cashews  
150gr canned pimentos with liquid  
1 Tbsp nutritional yeast  
1 clove garlic  
1 ½ Tbsp fresh lemon juice  
¾ tsp fine sea salt

1/8 tsp ground nutmeg

¼ tsp ground black pepper

¼ tsp dried oregano

1 cup water

½ Tbsp agar agar flakes or ½ Tbsp powdered agar agar

In a blender, combine the cashews, pimentos, yeast, garlic, lemon juice, salt, nutmeg, black pepper, oregano, and ¼ cup of the water and blend until smooth. In a small saucepan, bring the remaining ¾ cup water to a boil and whisk in the agar agar until thoroughly dissolved. Add to the mixture in the blender and blend until smooth.

Test the paté by placing a tablespoon full in the refrigerator or freezer for 3 to 5 minutes; it should set up and be firm in that time. If not, you will have to add more agar agar. Start with 1 teaspoon agar agar flakes dissolved in ¼ cup water.

#### Spinach Paté

¼ cup cashews

2 cups packed spinach leaves, blanched in boiling water for 1 minute

3 Tbsp fresh cilantro leaves

½ serrano chili, seeded and minced

½ tsp fine sea salt

1 cup water

1 Tbsp agar agar flakes or 1 ½ tsp powdered agar agar

In a blender, combine the cashews, spinach, cilantro, chile, salt, and ½ cup of the water and blend until smooth. In a small saucepan, bring the remaining ½ cup water to a boil and whisk in the agar agar. Continue whisking until thoroughly dissolved. Add to the blender and blend. Test the paté as above before using, adding more dissolved agar agar if necessary.

#### To Assemble

Pour half the Pimento Paté into an 8 x 5-inch loaf pan and refrigerate for 10 minutes. Pour half the Spinach Paté on top and refrigerate for 10 minutes. Repeat to make 2 more layers and refrigerate until firm. Serve with crostini or crackers. Make it ahead: Cover tightly and refrigerate for up to 3 days.

#### **Mushroom Pâté**

4 tablespoons olive oil

3 cups chopped onion

2 cloves garlic, minced  
1 pound mushrooms, sliced  
1 teaspoon thyme  
1/2 teaspoon rosemary, crushed  
1/2 teaspoon sage  
1/2 cup herbed stuffing mix or bread crumbs  
1/2 cup vegan Parmesan-style cheese  
1 (8-ounce) package vegan cream cheese  
2 cups tofu  
1/4 cup fresh parsley, chopped

Salt and pepper to taste

Sauté onions and garlic in oil until onions are soft. Add mushrooms and seasonings and continue to cook until mushrooms begin to release their juices. Remove from heat and allow to cool for 5 minutes.

Stir in the stuffing mix. In a food processor or blender, combine the vegan Parmesan-style cheese, vegan cream cheese and the tofu. Process until combined. Add the cooled mushroom mixture and puree until smooth. Add salt and pepper to taste.

Butter a 2-quart mold and place waxed or parchment paper on the bottom. Fill mold with mushroom mixture. Tamp down to remove air.

Bake 1 hour and 15 minutes at 400 degrees. Remove from oven and allow to cool. Cover the top with waxed paper and place weights on top. Refrigerate at least 24 hours.

To serve, remove weights, peel off waxed paper and blot any excess surface juices. Turn out onto a platter. Serve with crackers and fresh veggies.