

# Black Bean Pate

This is a **Greek**<sup>1</sup> dish.

## Ingredients

200 gm Suma **FAIRTRADE** black beans  
dry weight

1 medium onion

2 cloves garlic

150 gm field mushrooms

100 gm Traidcraft **FAIRTRADE** walnuts

12 or more Greek green olives

1 **FAIRTRADE** lemon

5 ml mixed herbs

## Method

### Preparation

Soak the beans overnight in plenty of cold water.

Skin and chop fine the onion and the garlic.

Zest and juice the lemon, discard the pith.

Clean and chop the mushrooms.

### Cooking

Cook the beans in simmering water until soft. 90 minutes or more.

Saute the onions in a little olive oil until soft and add the garlic. Continue frying for a minute or so.

Add the chopped mushrooms and fry for 5 minutes. Add more oil if necessary.

Pulverise the walnuts in a food blender and add the onions / garlic / mushrooms mixture. Blend.

Add the lemon zest and half the lemon juice. Blend

Add the cooked beans. Blend.

Add the olives. Blend.

Season with a little salt, and freshly ground black pepper. Blend. And then taste for balance.

Adjust as necessary with more salt, pepper and lemon juice or olive oil. Turn into a serving dish and chill.

### To serve

Use as a starter, snack, party dish.

### Variations

Chili powder may be added for more bite.

Suma **Fair Trade** Aduki Beans may be used in place of the Black Beans.

*Meze:* Serve with a **FAIRTRADE** red.

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<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/greece.htm>