

# Mushroom Pate

Creamy, garlicky, spreadable mushrooms.

Inspired by the River Cottage guide to mushrooms.

An English<sup>1</sup> recipe making two good ramekins of pate.

## Ingredients

350 g Portobello mushrooms  
5 fat cloves garlic  
30 ml Zaytoun **FAIRTRADE** olive oil  
300 g cream cheese  
salt and **FAIRTRADE** ground  
black pepper to taste

## Notes:

The original recipe called for butter rather than oil.

## Method

### Preparation

Wash and trim the mushrooms and slice for frying.

Skin the garlic and chop fine.

### Cooking.

Warm the oil over a medium flame and fry the garlic for 2 to 3 minutes to release the flavour.

Add the mushrooms and fry for 5 to 10 minutes until most of their released moisture has been evaporated.

Put the mushrooms in a food blender and blend for a few seconds.

Add the cream cheese and blend until smooth.

Add salt and pepper to taste.

Chill in the fridge for 30 minutes

### To serve:

Serve chilled with crackers.

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