

# Soya Bean Pate

This is a **Chinese**<sup>1</sup> dish. (Well soya beans are of chinese origin at least).

Quantities make a substantial pate. If you do not expect to use it all within three or four days of making it, then split the pate down into smaller portions and freeze the portions until needed.

## Ingredients

200 g dry weight	soya beans
1 medium	onion
6	cloves garlic
a little	sunflower oil
12	Zaytoun Palestinian <b>FAIRTRADE</b> pitted black olives
30 ml	tomato paste
15 ml	dried herbs
	salt and fresh ground <b>FAIRTRADE</b> black pepper
15 ml	sesame seeds
1	<b>FAIRTRADE</b> lemon

Lightly toast the sesame seeds in a non-stick pan.

Once the beans are cooked, blend them in a food mixer with the cooked onions and lemon zest.

Crush the garlic into the mixture and add the tomato paste, half of the lemon juice, the herbs, a pinch of salt and a grind or two of black pepper, and "whizz" once more.

Taste the pate noting that brine soaked olives will add more saltiness. Add more lemon juice or pepper as desired.

If the pate is too dry, add a little olive oil and blend again.

## Assembly

Turn out into a serving bowl, mix in the toasted sesame seeds, olive pieces and chill in the refrigerator for at least 30 minutes.

## Method

### Preparation

Soak the soya beans overnight in plenty of cold water.

Skin and chop the onion.

Skin the garlic.

Zest and juice the lemon, discard the pith.

Chop the olives into quarters or smaller.

## Cooking

Cook the beans in simmering water until soft (2 to 3 hours).

Meanwhile saute the onions until very soft.

## To serve

Can be used as a spread.

Use as a starter / snack with oatcakes or rice crackers.

## Variations

A little (5 ml) chilli powder can be added to give "bite".

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