

Mushroom pate

Cuisine: Czech

Food category: Vegetarian dishes



Author: Ondrej Vleck

Company: Retigo



Program steps

Preheating: 195 °C

1	Hot air	100 %	Termination by time	00:07 hh:mm	180 °C	+ 100 %	
2	Hot air	100 %	Termination by time	00:15 hh:mm	180 °C	+ 100 %	

Ingredients - number of portions - 10

Name	Value	Unit
shallots	3	pcs
vegetable oil	80	ml
Garlic cloves	4	pcs
fresh mushrooms like seps, button, shitake, etc.	400	g
oyster mushroom	300	g
Butter	100	g
soft cream cheese (philadelphia, ...)	300	g
parsley	50	g
a sprig of thyme	10	g
salt	5	g
lemon	1	pcs
freshly ground black pepper, ground	1	g

Directions

1. Preheat the convection oven together with the enamel plate and add the shallot and garlic. Fry for about 5-7 minutes, stirring occasionally.
2. Add chopped mushrooms, butter and thyme.
3. Bake for 10-15 minutes and stir occasionally. As soon as the mushrooms are cooked, take the tray out of the convection oven and let it cool slightly. Then we put everything into a food processor with salt and pepper.
4. Add the cream cheese and the juice of one lemon. Blitz to the desired consistency and add chopped parsley shortly before the end. We ideally transfer the pâté to a resealable glass container or plastic tub and let it harden in the fridge for a few hours.

Nutrition and allergens

Allergens:

Minerals: Ca, CA, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Ph, Se, Zn

Vitamins: A, B, B6, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	717.8 kJ
Carbohydrate	3.1 g
Fat	17.5 g
Protein	5.4 g
Water	0 g

Recommended accessories



Enameled GN container