

Mushroom pate

Cuisine: Czech
Food category: Vegetarian dishes



Author: Ondrej Vlcek
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
shallot	3	pcs
vegetable oil	80	ml
Garlic cloves	4	pcs
fresh mushrooms	400	g
oyster mushroom	300	g
Butter	100	g
soft cream cheese (philadelphia, lučina)	300	g
parsley	50	g
a sprig of thyme	10	g
Salt	5	g
Lemon	1	pcs
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 in an electric chopper, salt and pepper.


4. Add the cream cheese and the juice of one lemon. Chop to the desired consistency and add chopped parsley shortly before the end. We ideally transfer the pâté to a resealable glass container or plastic tube and let it harden in the fridge for a few hours.

Nutrition and allergens

Allergens:
Minerals: Ca, Cu, K, Mg, Mn, Na, P, Zn
Vitamins: A, B, B6, C, D, E, K

Nutritional value of one portion	Value
Energy	22.8 kJ
Carbohydrate	2.1 g
Fat	0.4 g
Protein	2.6 g
Water	0 g

Recommended accessories



Enameled GN container