

Mushroom Pâté

Ingredients

100g onions, peeled

240g mushrooms*

50g butter

Salt and pepper to season

* may need to count as exchanges



Method

1. If you have a food processor, put the onions and mushrooms in and process until quite fine. If you do not have a processor, use a hand grater to grate the mushrooms and cut the onion finely with a sharp knife.
2. Heat a large frying pan. Put in the butter, and as soon as it is melted, add the onions and mushrooms.
3. Cook over a high heat, stirring well. At first, quite a lot of moisture will collect in the pan as the mushrooms start to cook, but if you keep the heat up high, it will evaporate quickly.
4. In around 5 minutes, the mixture should be quite dry and firm. Season to taste with salt and pepper.
5. Place into individual ramekin dishes or into one dish for storage. Leave to cool. Cover with cling film and put into the fridge to set.
6. Serve with low protein bread, toast, Melba toast or crackers.
7. The pate freezes well, but it keeps for a couple of days in the fridge.



National Centre for Inherited Metabolic Disorders

